



## What's on

Your guide to activities, clubs and events  
in the borough

See centre  
pages



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# Waltham Forest

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## NEWS

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Issue 177

6 February 2017

## PUTTING YOU AND YOUR FAMILY FIRST

### Dear Residents

**We know how much families across Waltham Forest value having somewhere to go where they can access parental support and health and development services for children and young people.**

That's why we recently unveiled new-look Children and Family Centres, which bring together enhanced early education and Early Help services with public health services.

In addition to well-loved and established services such as support with parenting, child health and welfare, family life, employability, community links and building life skills, Children and Family Centres have a new emphasis on health and wellbeing. This includes infant feeding cafes, baby massage, healthy eating and fussy eating workshops and support for parents on topics like sleep.

Feedback given to us by local families has helped shape the level of support now on offer at our Children and Family Centres, which are very much an example of partnership working in action. Successful local charity The Lloyd Park Centre manages the improved new service on behalf of the Council, the local health visiting service continues to be provided by North East London NHS Foundation Trust (NELFT) and new specialist healthy child services are delivered by HENRY, a national charity.

Every centre is linked with one of four neighbourhoods – Chingford, Walthamstow, Leyton and Leytonstone – with the aim that no family is further than a 20 minute walk from their nearest centre. This month, a special showcase event is being held at each of the main Children and Family Centres in the four neighbourhoods, where families can find out about the services on offer for themselves.

We are committed to retaining all of our centres at a time when other local authority areas are seeing closures – making them even better while also keeping services free or low-cost.

Read on to find out how our Children and Family Centres can help support you and your family.



*Cllr Grace Williams,*  
Cabinet Member for  
Children and Young People



*Cllr Ahsan Khan,*  
Cabinet Member for  
Health and Wellbeing



HELPING OUR RESIDENTS TO  
STAY SAFE, WELL, RESILIENT  
AND INDEPENDENT



Waltham Forest

# CHILDREN AND FAMILY CENTRES – WHAT YOU NEED TO KNOW

**O**ur centres are designed to help children and families thrive by offering three different levels of support:

1. Universal – these are services for all families, including stay and play sessions, child health clinics and baby massage.
2. Universal Plus – these services are geared towards those families which need slightly more support such as speech and language sessions, parenting courses and help for identified health needs such as feeding, sleep, behaviour, toilet training, developmental, feeding, and postnatal depression.
3. Targeted – these are services which work with the whole family to help them address more serious issues for which they require additional support. In these cases, an Early Help Family Practitioner will be assigned to the family to help them develop an action plan as well as provide ongoing support.

All families are encouraged to take advantage of the services on offer – even if they just want to pop in and enjoy playtime with their babies and children.

Children and Family Centres are open Monday to Friday, with a Saturday session taking place in each neighbourhood once every month. These are drop-in early education sessions with a focus on fathers and male carers.

Evening provision is available at least one night per week in each neighbourhood between 5pm and 8pm.

Early education sessions are provided for 48 weeks every year.



## OFFERING YOU THE SUPPORT YOU WANT

**We want our centres to provide you with the services and support you need. That's why Early Help family practitioners are now co-located with health staff and the providers of universal services, so that they can all work more closely together to better support families. Based on feedback from local families, Waltham Forest's new-look Children and Family Centres:**

- Help parents meet new people and make friends, as well as build strong social support networks
- Explain how activities are linked to child development and help children prepare for school
- Regularly promote services on offer in the community and have an enhanced online presence through the borough's children and young people's service directory – <https://directory.walthamforest.gov.uk>
- Deliver an increased range of health services, especially around breastfeeding and healthy eating support, and have closer links with, and referral processes to, other relevant services such as Job Centre Plus, adult education and targeted family support.

Find out about volunteering or apprenticeship opportunities at Children and Family Centres by emailing [WendyF@thelloydparkcentre.co.uk](mailto:WendyF@thelloydparkcentre.co.uk)







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# Ive Farm plans take shape

## Planning consent granted to provide first class sporting facilities at Ive Farm in Leyton

**Initial work is now underway on the redevelopment of Ive Farm in Leyton, which will provide a range of first class outdoor sporting facilities along with a brand new pavilion.**

Planning permission for the new facility was granted last month. It will include two full-size 3G/4G outdoor sport pitches, a 60m sprint track and four-court beach volleyball arena, informal seating and state-of-the-art flood lighting. The new pavilion will boast changing rooms, a multi-purpose room, reception, office space and a café.

The development will allow existing outdoor sports facilities currently provided at the nearby Score Centre (100 Oliver Road, E10 5JY) to be enhanced and relocated. The Score Centre is also earmarked for redevelopment which would include residential use, along with improved indoor sporting facilities.

Cllr Clare Coghill, Cabinet Member for Economic Growth and High Streets, told Waltham Forest News: "The redevelopment of Ive Farm will form an important part of our wider regeneration plans for the

Leyton and Lea Bridge area, which include the development of more homes and first class facilities for new and existing residents.

"We are keen for local residents to play a role in shaping our plans for Ive Farm, and will have more information on how they can get involved shortly."

Enabling works will now be taking place to ensure safety on site. This includes the demolition and removal of the existing pavilion, in preparation for the new pavilion being built. The Council is also in the process of appointing a contractor to undertake clearance work on the site. This will include the removal of some trees, but these will be replaced to ensure there is no loss in tree numbers as a result of this project.

### More info

For more information on the Council's regeneration plans for the borough, visit [www.walthamforest.gov.uk/regeneration](http://www.walthamforest.gov.uk/regeneration).



An artist's impression of the new facilities at Ive Farm

Waltham Forest  
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- Gym • Soft Play • Athletics Track •
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Find out more at [FeelGoodWalthamForest.com](http://FeelGoodWalthamForest.com)

# Holocaust Memorial Day



An event was held at Waltham Forest Town Hall to mark Holocaust Memorial Day

Faith leaders, councillors and residents of all ages gathered together for an event to mark Holocaust Memorial Day (HMD) at Waltham Forest Town Hall

(Forest Road, E17 4JF) on Sunday 29 January.

Attendees met at the Anne Frank Memorial Tree for a minute's silence, and to lay stones – a traditional

Jewish custom – before proceeding to the Council Chamber. There, a number of people spoke and offered prayers, and the afternoon gave everyone present the opportunity

## Waltham Forest hosts Holocaust Memorial Day event

## Holocaust survivor, Susan Pollack MBE, made a moving speech

to remember all those affected by genocide around the world.

Holocaust Memorial Day takes place on 27 January every year. It was on this date in 1945 that the largest Nazi concentration and death camp – Auschwitz-Birkenau – was liberated. The theme of HMD 2017 was 'How can life go on' and was chosen to encourage people to think about what happens after genocide and our own responsibilities in the wake of such crimes.

Holocaust survivor, Susan Pollack MBE, gave a moving account of her life and experience of the holocaust. She also spoke about how heartening it is that young people are working together to create a world

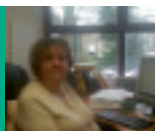
free from racism and hate.

Highams Park School pupils, Katherine Joseane Nascimento Fonseca and Catarina Ariana Do Nascimento Almeida, who have taken part in the 'Lessons from Auschwitz' project run by the Holocaust Educational Trust, also spoke about their experiences of meeting a Holocaust survivor and visiting Auschwitz.

## More info

For more information on Holocaust Memorial Day, visit [www.hmd.org.uk](http://www.hmd.org.uk). Videos of the day's speeches are available at [www.facebook.com/FaithCommunitiesForum](http://www.facebook.com/FaithCommunitiesForum)

## In my opinion



**Chris Casey  
MBE**

Chingford resident and founder of Haven – The Survivors of Abuse Network

**You may not be aware that Monday 6 to Sunday 12 February 2017 is Sexual Abuse and Sexual Violence Awareness Week; and we are standing up and saying it's not ok to abuse children.**

This campaign is very important to me, as I personally know the devastation that being sexually abused as a child can cause. I have campaigned in Waltham Forest for the last 36 years on behalf of all victims and survivors who have suffered the trauma of sexual abuse; giving us a voice, and getting the message across to politicians and our communities that we all have a duty to keep our

most vulnerable safe.

Sadly, Haven is taking more referrals than ever before. I understand that abuse is a subject that people often don't want to talk about, but unless we speak out and break the taboo around abuse many more victims will suffer in silence. This can cause both serious physical and mental health issues, including self-harming and suicide.

Many of you have read in the national papers about high profile sex abuse cases including Jimmy Saville, Rolf Harris and several children's homes. More recently, professional footballers have come forward and are speaking about their experiences of childhood

abuse; with up to 240 football clubs now being investigated.

I often dread what sexual abuse scandal will be unearthed next. Statistics show that one in four people have suffered some form of abuse before the age of 18 years; which is around 15 per cent of the country; and that is just cases that have been reported. At Haven we take over 500 referrals and enquiries a year and we desperately need more resources to keep up with the demand on our services.

It may seem that it is all doom and gloom, but with the right support from Haven you can go from victim to survivor to thriver. Haven offers counselling and practical support

to anyone that has suffered the trauma of sexual violence, including historic child abuse, rape, female genital mutilation (FGM), abuse within gangs, elder abuse, same-sex abuse, domestic violence and serious sexual assault. All of our counsellors represent the diverse communities of North East London.

If you have any concerns about anyone being abused and you are worried about reporting it, please give Haven a call and we will help.

If you have been abused yourself, we will give you the support you need; so don't suffer in silence. Victims and survivors are at the heart of all that we do. As I always say, everyone knows somebody who has been abused; they just haven't told you yet!

For more information on Haven, and how we can help, visit [www.havennetwork.org.uk](http://www.havennetwork.org.uk) or phone **020 8520 0755**.

## Want to have your say?

**If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 350 words; Waltham Forest News wants to hear from you. Email [walthamforestnews@walthamforest.gov.uk](mailto:walthamforestnews@walthamforest.gov.uk) and tell us what you'd like to write about.**

## Contact Waltham Forest Council



[www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)

**BETTER ONLINE** | More services available online.



## Waltham Forest News

**Editor:** Jenny Singh

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email [walthamforestnews@walthamforest.gov.uk](mailto:walthamforestnews@walthamforest.gov.uk).

**Advertising and promotional enquiries:**

Mica Marshall **020 8496 3000** (press 6)  
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# Fraudulent letter warning

**Residents are being urged to keep an eye out for letters that aren't what they seem, after a man living in Leytonstone received fake council tax correspondence claiming to be from the Council.**

While the letter did not contain any demands for money, or ask the resident for any personal details, it is thought that the sender was trying to gain his trust by sending several 'soft' letters first.

In many cases, you may receive an official-looking fake letter, which is used to gain your trust, before a later

request is made to obtain your bank details, ask you to make a payment online or by phone or give personal information – which can be used to steal your identity.

Initial investigation has shown that this appears to be a one-off incident, as no other residents have reported similar letters. However, fraudsters are known to target vulnerable and older residents, so make sure you warn your friends, family and neighbours to be alert.

Remember, if you receive a letter that looks like it is from the Council, and you want to double check,

please phone or email and ask to be put in touch with the relevant department.

If you do receive a fraudulent letter, you should report it to Action Fraud – the National Fraud and Cyber Crime Reporting Centre. Its website offers advice and information on all types of fraud, and gives tips on what you should do to prevent it and what you can do if you have already fallen victim to fraud.

You can even sign up for the Action Fraud Alert to receive direct, verified and accurate information about scams and fraud in your area.

You'll receive emails, recorded voice messages and text messages to let you know and keep you safe.

## More info

To report a matter to Action Fraud, visit [www.actionfraud.police.uk](http://www.actionfraud.police.uk) and send a copy email to [fraud@walthamforest.gov.uk](mailto:fraud@walthamforest.gov.uk) or phone **0300 123 2040**. For more info on Data Protection, visit [www.walthamforest.gov.uk/content/data-protection-protecting-your-personal-details](http://www.walthamforest.gov.uk/content/data-protection-protecting-your-personal-details) or email [wfdirect@walthamforest.gov.uk](mailto:wfdirect@walthamforest.gov.uk).

## In brief Preventing abuse

Residents who have suffered any form of sexual abuse or sexual violence are being urged to seek help by the Council's community safety team, as we mark Sexual Abuse and Sexual Violence Awareness Week between Monday 6 and Sunday 12 February. New services were launched in Waltham Forest last summer to ensure victims of all forms of abuse get access to the support services and organisations that best suit their needs. This includes a One Stop Shop, which opens every Wednesday from 10am to 12pm. The private and confidential service offers free advice to all victims and survivors of abuse. The centre provides both a drop-in and appointment service, and since January 2017 has operated out of three different locations, on a rota basis. These are Chingford Children and Family Centre Hub (5 Oaks Grove, E4 6EY), Walthamstow Children and Family Centre Hub (313 Billet Road, E17 5PX) and Leyton Children and Family Centre Hub (215 Queens Road, E17 8PJ). You can check locations and dates on the Council website, which also includes comprehensive advice and support for all forms of abuse.

• **For more information, visit [www.walthamforest.gov.uk/content/domestic-violence](http://www.walthamforest.gov.uk/content/domestic-violence). You can also phone the National Domestic Violence helpline 24 hours a day on 0808 200 0247.**

## Library consultation

The extended consultation regarding Waltham Forest's Library Locals closed on Tuesday 31 January, and the Council is pleased that 2,249 residents responded to the first survey and 1,284 to the second. The vision for Library Locals is for them to match up to the best public libraries in London, with no reduction in the number of branches and no resident living further than 1.5 miles from their nearest library. The proposals include upgraded IT facilities; self-service technology; personal study space; meeting spaces for community use; and space and flexibility to accommodate events and activities. The Council's preferred option is that the Library Locals at Higham Hill and Wood Street would be relocated and remodelled into more modern and accessible buildings that are nearby other community facilities, while the site at Lea Bridge would be refurbished. A report is now being prepared for the Cabinet meeting which will take place on Tuesday 21 March.

• **Keep an eye out for further information on the Council website [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk).**

# Happy birthday Suntrap!



Ken Hoy – the first Head of Suntrap – speaks to Waltham Forest children enjoying a trip to Epping Forest in 1968

**It's a landmark birthday year for Waltham Forest's environmental education centre, Suntrap, which is celebrating half a century of teaching children, young people and families about Epping Forest.**

Suntrap Forest Education Centre, which is based in Lippitts Hill, Epping Forest, provides outdoor environmental educational activities for schools and other groups. These activities support classroom-based learning through practical, real-world experiences.

A number of activities are planned to celebrate its 50th birthday, including a children's art competition. Between now and Wednesday 15 March, young people are encouraged to create a picture of their Suntrap memories for a chance to win a 'meet the animals' session for their school.

Artwork should be A4 in size and can be in any medium. There are three categories; five years old and under, six to 11 years and over 11s. On the back of their picture, young people should write their

name, age, school, contact details and a description of their memory. Pictures should be sent to Suntrap, Drawing Competition, Church Road, High Beach, Loughton, Essex, IG10 4AJ.

As part of the anniversary celebrations, a new wildflower habitat will be created in the Suntrap grounds this year. Families are invited to a special wildflower meadow sowing event on Monday 17 April, where as well as helping sow seeds, they will be able to take part in eco-activities and bring a

picnic to enjoy.

Towards the end of the year, on Saturday 14 October, a free open day event is being organised, where visitors can meet animals, pond dip, peer down microscopes, complete a map trail, have a go on a low ropes course, make a clay animal, stroll through the forest on a guided walk, look at Suntrap's exhibitions or simply enjoy some light refreshments in the great outdoors.

While Suntrap first started delivering classes to schoolchildren in 1967, first-hand environmental education was taking place in Waltham Forest as far back as the 1950s. At this time, half a class of 10-year-old children (about 20) would be taken to Epping Forest each day to undertake field studies in a converted cow shed at Jubilee Retreat.

The Council was saddened to hear that Ken Hoy – the first Head of Suntrap – recently passed away at the age of 94. As well as helping set up Suntrap, Ken was the Chairman of the Friends of Epping Forest for many years and was also a Freeman of the City of London. The Friends of Suntrap will purchase a bench in memory of Ken, which will be unveiled alongside a new wildflower meadow this summer.

## More info

For more information about Suntrap and what it has to offer, visit [www.suntrapcentre.weebly.com](http://www.suntrapcentre.weebly.com). Share your Suntrap memories throughout the year on social media using **#Suntrap50**.



# 4 Priorities

## What's on in Waltham Forest

The Council wants everyone living and working in the borough to enjoy a good quality life. To help achieve this goal, we regularly organise events and activities to engage, entertain and educate residents of all ages



LGBT History Month events include a 'voguing workshop' with Stefanos Dimoulas (pictured)



Happy couples are invited to the Forest Venues Wedding Fair at Waltham Assembly Hall on Saturday 4 March



**Waltham Forest is a hub of activity when it comes to community events that bring people from all walks of life together.**

Each week there are always activities taking place in the borough for residents young and old. Your local library is not just a place to go to study or borrow books – it regularly hosts talks, performances and hands-on workshops.

There are many venues across the borough in which events are held, whether it's a tea dance in Chingford Assembly Hall (Station Road, E4 7EN) or a new display opening at Vestry House Museum (Vestry Road, E17 9NH). You can keep track of what's going on where by grabbing the latest What's On guide – or follow the Council on Twitter.

### What's On

Every four months, we publish a handy What's On guide, which lists a wide variety of events and activities for you and your family to enjoy. The latest edition – covering January to April 2017 – is out now, and you can pick up a copy at Council offices, Waltham Forest

Libraries and leisure centres, or download it from the Council's website.

The guide features events like our new-look tea dances in Leyton and Chingford, which are led by Akademi, the UK's leading South Asian dance charity. As well as detailing regular ongoing events

### The Enjoy Life What's On guide lists a wide variety of events and activities for residents of all ages, many of which are free or low cost.

like arts workshops and story time sessions in libraries, the guide also reveals what the Council has planned to celebrate global events such as International Women's Day.

In addition, it contains programme information for some well-loved local attractions such as the William Morris Gallery (Forest Road, E17 4PP) and Vestry House Museum. Download the current What's On guide from the Council website by visiting [www.walthamforest.gov.uk/enjoylife](http://www.walthamforest.gov.uk/enjoylife). You can also view a comprehensive list of events for the whole year, arranged by month or theme, by visiting [www.walthamforest.gov.uk/events](http://www.walthamforest.gov.uk/events).

### LGBT History Month

This month, Waltham Forest is celebrating the lesbian, gay, bisexual, transgender and questioning and/or queer (LGBTQ) community and its history as part of LGBT History Month.

We've commissioned Wood Green-based arts charity Wise

Thoughts to put together an insightful and engaging series of film screenings, workshops and authors' talks to mark the occasion. The calendar of events starts with a Film Café on Monday 13 February led by highly accomplished and experienced filmmaker Campbell X, which will offer advice to young, upcoming LGBTQ filmmakers.

The finale of Waltham Forest LGBT History Month will be a cabaret extravaganza at Mirth, Marvel and Maud (186 Hoe Street, E17 4QH) on Friday 24 February. You can follow everything that's going on, and show your support, using [#GFESTbytes](https://twitter.com/GFESTbytes) on Twitter.

### Forest Venues

As this edition of Waltham Forest News was being sent to print, preparations were being made for another big event taking place during LGBT History Month. The William Morris Gallery (Forest Road, E17 4PP) was gearing up to host the borough's first-ever 'Pink' Wedding Fair on Saturday 4 February.

The free-to-enter event gave LGBTQ couples a chance to find out what the Georgian mansion and borough has to offer, should they be planning their nuptials.

And next month, on Saturday 4 March, happy couples are invited to attend the Forest Venues Wedding Fair at Walthamstow Assembly Hall (Forest Road, E17 4JF). Visitors can take a look around the beautiful Art Deco venue, talk through ideas with the venues team and meet some amazing wedding suppliers. The event is free to attend, but you must book a ticket. Book now at <https://forestvenuesweddingfair.eventbrite.co.uk>.

The Council has five venues-for-hire across the borough – Walthamstow Assembly Hall,

Chingford Assembly Hall, Winns Gallery, William Morris Gallery and Vestry House Museum – that can accommodate a range of events. You can view technical specifications, and more, by visiting [www.forestvenues.london](http://www.forestvenues.london).

Whether you're planning a wedding, Mehndi, civil ceremony, reception, product launch, anniversary, Bar Mitzvah, Diwali party, Eid celebration, Christmas carols, awards dinner, concert, theatrical performance or children's birthday party, our venues boast character, style and elegance. And they can cater for anything from small groups to a gaggle of 1,000 guests.

### More info

For more information on Forest Venues, and full technical specifications, visit [www.forestvenues.london](http://www.forestvenues.london) or email [venues@walthamforest.gov.uk](mailto:venues@walthamforest.gov.uk). Follow the Council on Twitter [@wfcouncil](https://twitter.com/wfcouncil) to keep up to date with what's going on in Waltham Forest. For further information on Council-run event, visit [www.walthamforest.gov.uk/events](http://www.walthamforest.gov.uk/events).

# What you say

**Residents tell Waltham Forest News what they think about the Council's efforts to help everyone in the borough live a good quality of life and provide the cultural services they value most**



**Brian Easton**, Walthamstow



**Hildred Wade**, Walthamstow



**Ali Aydarus**, Walthamstow



**Paula Moore**, Walthamstow

"I am 84 now and have lived in Walthamstow for many years, so have visited all of the borough's libraries and venues. I use the library regularly to reserve and borrow books, and am always first to get the new releases. I have been lucky enough to attend the older people's Christmas dinner at Walthamstow Assembly Hall for the past three years, and think this is a good thing that the Council provides."

"I am registered as blind and think the Council could provide more events and activities for people with disabilities. A regular social club for people with disabilities to get together would be a good idea. It's important to be inclusive and provide opportunities for everyone, especially for disabled people as they often feel left out."

"I know that the Council used to run free activities for children, but I'm not sure if these still go on. Events and activities need to be well publicised so that everyone has the chance to attend. It's a good idea that the Council is making more use of its venues, as long as this is used to help provide services for local residents."

"I have attended exhibitions and events at the William Morris Gallery and also visit craft fairs in the borough. I used the Forest Venues service last year when I organised the E17 Vintage Wedding Fair at Vestry House Museum, which went well."



## Family

### Priority:

**Help all of our residents enjoy a good quality of life**

### Commitment:

- Freeze Council Tax until at least 2016 and continue to fund the freedom pass scheme
- Provide young and older residents with a range of activities and support such as free swimming, holiday clubs and Christmas lunches
- Support an extensive arts and events programme for everyone, via the Council and in the community
- Maintain high quality parks, green spaces and affordable, modern leisure centres

**Priority: We will keep your neighbourhood clean and safe**

**Priority: We will support affordable housing for everyone's needs**

**Priority: We will help build a strong local economy and thriving town centres**



## In brief

### Chingford improvements

Work is starting on improvements for Chingford Town Centre this month, following a public consultation that ran during September and October 2016. A total of 1,194 people responded to the consultation, providing nearly 3,000 comments. The feedback received has been used to finalise some of the proposals, and construction work will be starting on these first. Some of the proposals require more work before they go ahead, and there will be further local engagement. A leaflet has been sent to residents and businesses in the area to update them on the results of the consultation, and those directly affected by works will receive notification letters prior to work starting.

• **To read the full consultation summary visit [www.enjoywalthamforest.co.uk/work-in-your-area/chingford-town-centre/public-consultation](http://www.enjoywalthamforest.co.uk/work-in-your-area/chingford-town-centre/public-consultation)**

### Gardening club

If you're looking for a sociable way to keep fit and healthy, and want to do your bit for the borough at the same time, you'll be pleased to hear that the Council is looking for new volunteers to join its gardening club starting on Saturday 18 March. The group will meet in Lloyd Park (Forest Road, E17 5EH) on the third Saturday of every month, between 1pm and 3pm. Experienced leaders will guide anyone willing to spare some time and expend some energy through a range of practical projects tackling physical outdoor jobs to give participants a workout and the park a facelift. It's free to take part and everyone is welcome.

• **For further information, email [ellie.mortimer@walthamforest.gov.uk](mailto:ellie.mortimer@walthamforest.gov.uk)**

### Design Awards 2017

Builders, architects, owners and tenants are being encouraged to enter new building projects in the 2017 Waltham Forest Design Awards. But you'll have to be quick; as entries must be received before 12noon on Friday 10 February. The awards are open to all new buildings, conversions, restorations, extensions and environmental improvements such as landscaping, public art and street improvements completed in the borough since 2014. The awards aim to celebrate the best new buildings and places found in Waltham Forest.

• **To make a nomination, visit [www.walthamforest.gov.uk/designawards2017](http://www.walthamforest.gov.uk/designawards2017)**



Last year Ferndale Area Residents' Association held a clean-up on Wanstead Flats



Residents also planted flowers on Chingford Mount

# Spring Clean is coming!

- **2017 Spring Clean confirmed for 17, 18 and 19 March**
- **Council will support volunteers who want to spruce up their communities**

**The dates have been confirmed for this year's Waltham Forest Spring Clean, which will take place from Friday 17 to Sunday 19 March. Schools, businesses, community groups and individuals are all being encouraged to take part in this year's campaign, and help to make it the biggest and best yet.**

The Spring Clean has gone from strength to strength since launching in 2011, with over 10,000 community-minded volunteers rolling up their sleeves and doing their bit to spruce up their local communities.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, told Waltham Forest News: "The Spring Clean has become a real annual tradition in Waltham Forest, and is a great example of the fantastic community spirit that exists across our borough. This year we'd like to make it our biggest Spring Clean

ever, and I urge everyone to get out there and show some love for their local community.

"Our Neighbourhoods officers can give you a helping hand by providing tools and equipment, as well as taking away any waste you collect. However it doesn't just have to be litter picking, if you have fresh ideas for sprucing up your local area we want to hear about them too, and will do what we can to help."

Last year's Spring Clean resulted in a whopping 50 tonnes of waste being collected by residents, with green-fingered volunteers also planting over 2,000 bedding plants and taking part in other activities including painting street furniture, removing graffiti and pruning trees. The Council's Neighbourhoods team helped facilitate events by providing equipment including litter grabbers, bags, high-visibility vests and plants, and taking away waste once it had been collected.

Pupils from Leytonstone's Davies

Lane Primary School kicked off proceedings with a litter pick outside the school grounds. Assisted by Neighbourhoods officers the children did a brilliant job of clearing the area, separating out any waste that could be recycled. Other activities included a clean-up around Wanstead Flats carried out by the Ferndale Residents Association, clearing of a large communal orchard area by plot holders at Higham Hill Allotments, and tidying and street planting by residents in Chingford Mount.

The Waltham Forest Spring Clean is also a great chance to get involved in improving your local community, even if you have never volunteered before.

"Volunteering is a great way to give something back to your local community and meet new people in your area," added Cllr Loakes. "You don't need to spare a lot of time, and even a small contribution can help to make a big difference."

Last year Penny Wiles, of Church Hill Road in Walthamstow, organised a clean-up event along with neighbours on her street.

Penny told Waltham Forest News: "Just an hour with your neighbours tidying up your local area makes everyone feel good about themselves and a little bit prouder of where you live. It was really helpful to have the support of our Neighbourhoods officer, he gave us good advice and provided us with some plants."

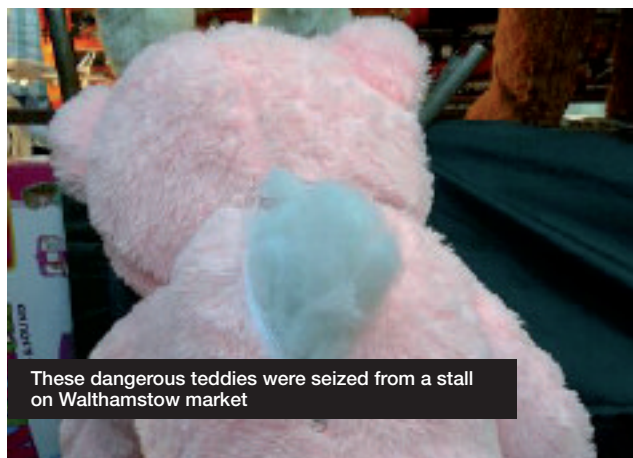
### More info

If you'd like to hold an event for this year's Spring Clean please email the Council at [mcdu@walthamforest.gov.uk](mailto:mcdu@walthamforest.gov.uk). If possible, please provide the date, time and location for your event, as well as number of volunteers expected, and we will help by providing equipment. If you'd like help with promoting your event please let us know, and we will try to put you in touch with other local volunteers.



# Trader's bad bear-haviour

- Trading Standards seized dangerous toys being sold on market stall
- Teddy bears posed a potential choking hazard for young children



These dangerous teddies were seized from a stall on Walthamstow market

**Waltham Forest's Trading Standards team is urging residents to be careful when buying toys for children, after a market trader was prosecuted for selling dangerous teddy bears from a market stall in Walthamstow.**

Seventeen unsafe teddy bears were seized from Mr Choudhry Ashraf's stall in December 2015 after

officers from the Council's Trading Standards team noticed that they posed a potential choking hazard for young children. The bears had a detachable zip pull on the back, which meant the filling material could easily be pulled out.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, said: "This trader showed a shocking lack of regard

for safety, particularly as these toys were designed to be used by small children. Our Trading Standards officers carry out regular checks across the borough, and we will not hesitate to prosecute if we find products on sale that could put residents' health at risk."

Mr Ashraf, 44, of Strone Road, East Ham, had already received advice from Trading Standards on toy safety and had been given a caution for selling unsafe toys.

Trading Standards visited the stall again later that month after receiving information that Mr Ashraf was selling the teddy bears again. Officers discovered that he had sewn up the zips on the toys, and seized another eight teddies as they were still deemed to present a safety risk.

The teddy bears were sent off for safety tests, which they failed due to having small parts and access to the filling material, which could cause a choking hazard to children while playing with them. The stitching used to sew up the zips on the second batch of bears seized also failed

a tension test, meaning the filling material could still be accessed.

At Thames Magistrates Court last month Mr Ashraf pleaded guilty to two offences of possessing toys for supply which failed to comply with the essential safety requirements of The Toys (Safety) Regulations 2011. He was fined £733, and ordered to pay a victim surcharge of £44 plus full prosecution costs of £1,635.16 – a total financial penalty of £2,412.16.

"Residents should be particularly careful when buying toys for small children, and check for the CE mark which is required on all toys, as well as age ratings and any safety warnings. If you see anything which concerns you, please report it to Trading Standards so it can be investigated further," added Cllr Loakes.

## More info

You can report or make an enquiry to Trading Standards via your My Account at [www.walthamforest.gov.uk/my-account](http://www.walthamforest.gov.uk/my-account).

## In brief

### Gardening workshops

Residents who would like to learn about organic lawn management or low cost gardening can sign up for two new workshops taking place in March and April. The workshops will teach you practical skills in Lloyd Park (Forest Road, E17 5EH), as well as some classroom-based learning. The events are perfect for people who want to learn gardening skills, but can't sign up to an ongoing course. The low cost gardening course is perfect for anyone wanting to grow their own plants. You'll learn plant reproduction theory, how to sow seeds and how to use garden tools. The lawn management event will teach the seasonal tasks needed to organically manage a lawn, how to make it wildlife-friendly and how to use variety of tools. The lawn management workshop takes place on Sunday 19 March, 10.30am-4.30pm, while the low cost gardening workshop takes place on Sunday 9 April, 12-6pm. The events cost £25 or £12.50 for concessions.

• To enrol, visit [www.lbwfadullearning.co.uk](http://www.lbwfadullearning.co.uk). Free internet access is available in all Waltham Forest libraries.

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Whether you haven't ridden a bike for a while and need some encouragement, or you've never cycled and want to develop your skills, our training is for you.

Our FREE cycle training is for anyone living, working, studying in the borough age seven or over.

Choose from individual training at your chosen location or group training sessions at Leyton Jubilee Park from now until March 2017. And don't worry if you don't own a bike, we have a number of bikes available to use on the day.

To find out more, and to register for your free training, visit [www.enjoywalthamforest.co.uk/cycle-training](http://www.enjoywalthamforest.co.uk/cycle-training) or phone 020 3031 6730.



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## Keep Warm and Well in Waltham Forest

A free event for people aged 60+

Find out about energy efficiency measures and advice from local charity HEET.

### Free whilst stock lasts

Fleece Jackets, Hats, Scarfs,  
Gloves, Knitted Blankets,  
Ice Grippers,  
Winter Warmth Information Packs

Monday 13th February 1.00pm-4.00pm  
Waltham Forest Resource Hub (North)\*  
58 Hall Lane, Chingford, E4 8EU  
\*Formerly South Chingford Public Library



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## Leytonstone



Sheila Brand was presented with a trophy for volunteering at Whipps Cross Hospital for more than 20 years

# Sheila's a true champion

- Volunteer retires after 20 years' service at Whipps Cross
- 500 people volunteer for Barts Health – and you could join them

**A dedicated volunteer who helped patients at Whipps Cross Hospital (Whipps Cross Road, E11 1NR) for more than two decades retired last month, with hospital staff presenting her with a trophy for her service.**

Sheila Brand began volunteering at Whipps Cross Hospital's Accident and Emergency Department (A&E) in 1996, when a member of the team put out a call to local community groups for volunteers. Sheila – a proud member of the Newbury Park and Ilford's League of Jewish Women – heard the call for its members to act as volunteers, and so began more than 20 years' dedicated service.

She told Waltham Forest News: "The call came at an opportune time, as my husband had passed away and I wanted to give my time to help other people in the community.

"When I started, it was at the time that the NHS was in crisis, and you heard stories of people waiting on trolleys in A&E for hours and hours at a time. There would be people

who came into the department one evening, and would still be waiting there the next day without having anything to eat."

Sheila signed up to help out on Wednesday afternoons handing out lunches to patients in A&E. When she realised that Mondays were busier in the department, she switched days and has been lending her support to the busy department in a range of roles on Mondays every week ever since. Her decision to retire has only come about because she has now moved too far away from the hospital.

Sheila said: "Unfortunately, since I have moved to Whetstone it now takes me over two hours and two different buses to get to the hospital and so I thought I had to be realistic about what I could manage.

"I reluctantly called it a day, but every Monday I do still feel as though I should be making my way to the hospital to help patients! I really enjoyed my twenty years as a volunteer, and would have carried on for as long as I was physically able to. I love to have a chat and laugh with people, and I used to

love it when the department was busy and I could do my bit to help everyone.

Nancy Whiskin, Barts Health Head of Volunteering, said: "Sheila is a wonderful, kind and compassionate person and has been an absolute asset to the volunteer's team. Her contribution to the A&E department has been invaluable, and she will be greatly missed."

Whipps Cross, and all Barts Health hospitals, host volunteer open days for people interested in volunteering and providing an invaluable helping hand to patients and staff.

There are more than 500 volunteers already working to support the trust's 15,000-strong workforce, helping clinical staff give patients the best possible care.

To apply as a volunteer you must be 17 or older, enjoy dealing with people, be generally fit and well, be able to attend at least once a week for six months and be legally allowed to volunteer in the UK. All volunteering roles are non-clinical, and activities include meeting and

greeting, supporting patients and staff on a ward, supporting meal times on a ward, helping in the shops or with trolley services, basic administration, Macmillan Cancer Support, Patient Champions and Patient Evaluation Champions.

Whatever role you take, you'll learn new skills, get to work with people from different backgrounds, boost your CV if you're interested in a career in the health field and, most importantly, do your bit to help improve the lives of other people.

Sheila added: "I would really recommend that everyone who is able to gives volunteering a try. Helping others is very rewarding, and the delight in volunteering is interacting with other people in your area."

### More info

For further information about volunteering for Barts Health NHS Trust, visit [www.bartshealth.nhs.uk/volunteer](http://www.bartshealth.nhs.uk/volunteer), email [bartsvolunteers@bartshealth.nhs.uk](mailto:bartsvolunteers@bartshealth.nhs.uk) or phone 020 7377 7334.

## In brief

### Argentine Tango classes

If watching your favourite TV talent shows has inspired you to dust off your dancing shoes, why not join Leandro Palou Tango Academy for their weekly lessons in Leytonstone? The sessions take place at The Red Lion's fantastic ballroom (640 High Road Leytonstone, E11 3AA) every Sunday from 6pm onwards. You can enjoy a free thirty minute taster lesson, followed by a weekly beginner's class with practice dancing for just £10 per person. No previous dance experience is necessary, and you don't need a partner, so just turn up!

• For more information, visit [www.tangoacademy.co.uk](http://www.tangoacademy.co.uk)

### Gospel Choir

Leytonstone's CommUnity Gospel Choir, which began last October when two existing choirs decided to merge, is looking for new members to join its ever-growing ranks of local singers. The choir will meet every Tuesday from 21 February at The Wesleyan Christian Centre (1 Harrow Green, E11 3HP) from 7.15pm onwards. The choir is a friendly mixed group, and you do not have to audition. All ages and abilities are welcome. Each session costs £5, or you can pay £45 for ten sessions, in advance.

• For more information, visit [www.facebook.com/TheCommUnityGospelChoir](http://www.facebook.com/TheCommUnityGospelChoir) or email [choir@leytonstoneunitedfree.co.uk](mailto:choir@leytonstoneunitedfree.co.uk)

### Alfred Hitchcock Society

Hundreds of residents turned out for the launch AGM of the Alfred Hitchcock Leytonstone Society at Leytonstone Fire Station's Community Room (466 Leytonstone High Road, E11 3HN) last month. Committee members were elected on the night and guests also enjoyed a free screening of Hitchcock's 1927 silent film, *The Lodger*. The Society's aims are to mark and celebrate Hitchcock's early years in Leytonstone, and to run a series of Hitchcock-themed events and film screenings throughout the year. The Society will hold regular working meetings, approximately every six to eight weeks, to help plan and launch the events programme. If you're interested in getting involved, why not get in touch? The next committee meeting will take place on Monday 20 February at 8pm, venue to be confirmed.

• For more information, visit [www.facebook.com/alfredhitchcocklondon](http://www.facebook.com/alfredhitchcocklondon) or email [leytonhitch@yahoo.com](mailto:leytonhitch@yahoo.com).

## Sports and fitness

### Drop in Donation Yoga

**Wednesdays, 11am–12.15pm; Fridays, 7–8.15pm and Saturdays 10.30–11.45am**  
United Reformed Church, 58 Orford Road, E17 9QL

Increase your flexibility, build strength and stamina and learn how to release patterns of tension which we hold in the body. A friendly mixed levels class with an experienced teacher where you pay what you can afford. **Phone Sarah on 07815 120 792 or visit [www.yoyoga.co.uk](http://www.yoyoga.co.uk).**

### Zumba with Zoe

**Wednesdays, 7.30pm**

The Cornerstone Centre, 149 Canterbury Road, E10 6EH

Classes are great fun, an excellent way to keep fit, lose weight and every class feels like a party. Zumba is your opportunity to express yourself and unleash your 'Latin within'! £5 per class. **Email [info@zumbazoe.co.uk](mailto:info@zumbazoe.co.uk) or visit [www.zumbazoe.co.uk](http://www.zumbazoe.co.uk).**

### Prenatal Yoga

**Mondays, 6.45pm–8.15pm**

Quaker Meeting House, Bush Road, E11 3AU  
This ongoing six-week course is for women who are at least 14 weeks pregnant. The course covers Active Birth principles as well as integrating yoga, breathing and visualization, including helpful postures for pregnancy, labour and birth. **Visit [www.arlenedunkley-wood.co.uk](http://www.arlenedunkley-wood.co.uk), email [info@arlenedunkley-wood.co.uk](mailto:info@arlenedunkley-wood.co.uk) or phone 07976 903 003.**

### Well Woman Scaravelli Yoga

**Mondays, 8–9pm**

Quaker Meeting House, Bush Road, E11 3AU  
A ten-week course with a small, private group of 10 people. Join this lovely friendly yoga group, get the guidance and support you need through your personal yoga practice. Scaravelli-inspired yoga works with the breath, gravity and the spine in a very yin and gentle way. Exploration of sun salute, pranayama, yoga nidra, mudras and meditation are all included in the practice. **For more information visit [www.arlenedunkley-wood.co.uk](http://www.arlenedunkley-wood.co.uk), email [info@arlenedunkley-wood.co.uk](mailto:info@arlenedunkley-wood.co.uk) or phone 07976 903 003.**

### Seated Exercise Class

**Thursdays, 2.30–3.30pm**

Waltham Forest Disability Resource Centre (WFDR), 90 Crownfield Road, E15 2BG (entrance in Amethyst Road)

An excellent workout for people who want to exercise sitting down, including older people and disabled people. Only £3 per session. **For more information, phone 020 8534 1589 or email [p.stanley@wfdr.org.uk](mailto:p.stanley@wfdr.org.uk).**

### Strictly Mondays Fun Latin Moves

**Mondays, 1.30–2.30pm**

Waltham Forest Disability Resource Centre

(WFDR), 90 Crownfield Road, Leytonstone, E15 2BG (entrance in Amethyst Road)

A free, inclusive session for people with different abilities to have fun trying Latin dance moves to exciting Latin music. Funded by Fit For Fun. **For more information, phone 020 8534 1589 or email [p.stanley@wfdr.org.uk](mailto:p.stanley@wfdr.org.uk).**

### Love 2 Run beginner's running course

**Mondays, 7.30pm**

Waltham Forest Feel Good Centre, 170 Chingford Road, E17 5AA

**Thursdays, 7.30pm**

Eton Manor AC, The Cottage, Jubilee Park, Marsh Lane, E10 7BL

Would you Love 2 Run but need more encouragement or someone to run with? Then come along to a series of free running sessions with Eton Manor AC. The sessions are led by qualified run leaders in a safe and sociable environment and ideal for anyone aged 16 +. **For more information, email [etomanorac2013@gmail.com](mailto:etomanorac2013@gmail.com).**

### Argentine Tango classes

**Sundays, 6–8.30pm**

Red Lion Pub Ballroom, 640 High Road Leytonstone, E11 3AA

London's leading tango school – Leandro Palou Tango Academy – invite you to a free beginner's 30 minute Argentine Tango class every Sunday, followed by a weekly beginner's class with practice dancing after for £10 per person. No previous dance experience necessary, just drop in and have fun. No partner needed. **For more info, visit [www.tangoacademy.co.uk](http://www.tangoacademy.co.uk).**

### Total Body Toning

**Tuesdays, 7.30–8.30pm**

North Chingford Methodist Church, Station Road, E4 7BJ

An uplifting full body resistance workout to tone, strengthen and burn calories. Includes use of weights, bodybars, gliding discs and rubber tubing, followed by a floor work and stretching section. Taught to motivating music. First class free, then £27 per month.

**Phone Lucilla on 07956 695 077 to book your space, email [lucilla@onestopfitness.co.uk](mailto:lucilla@onestopfitness.co.uk) or visit [www.onestopfitness.co.uk](http://www.onestopfitness.co.uk).**

### Indoor Short Mat Bowls

**Wednesdays and Fridays, 10.30am–1pm**

Waltham Forest Feel Good Centre, 170 Chingford Road, E17 5AA

£2 per session, no booking required. Beginners welcome. Bowls supplied.

**For more information, phone Ann on 020 8529 6304.**

### Zumba® Fitness

**Saturdays, 10am**

YMCA East London, 642 Forest Road, E17 3EF

Wear low tread, supportive trainers and bring a bottle of water to enjoy this exhilarating dance fitness class in a low pressure atmosphere! £6 drop in, discounts available for advance payment. **For more info, phone 07903 629 636, email [chloe@dancechloe.com](mailto:chloe@dancechloe.com) or visit [www.DanceChloe.com](http://www.DanceChloe.com).**

### Legs, Bums and Tums

**Saturdays, 11.15am**

YMCA East London 642 Forest Road, E17 3EF (our brand new location!)  
LBT is a fantastic way to tone your entire body with of course, special attention focused on your legs, glutes and abdominal muscles. Combining conditioning and aerobic exercises to reduce fat whilst shaping and lifting your legs, bum and tum! Bring a bottle of water and wear clothes you're comfortable to move in. £6 drop in, discounts available for advance payment. **For more info, phone 07903 629 636, email [chloe@dancechloe.com](mailto:chloe@dancechloe.com) or visit [www.DanceChloe.com](http://www.DanceChloe.com).**

### Pilates in Leyton

**Thursdays, 6–7pm and 7–8pm**

Leyton Parish Church Hall, Lindley Road, E10 5PY

Drop-in Pilates classes for all, including new complete beginners class from 6pm and general level at 7pm. £10 per class, or buy 10 in advance and get one free. Mats and small equipment provided. Pilates can improve your strength, flexibility, balance, coordination, bone density, reduce pain and encourage relaxation. Pilates Foundation member teacher with 15 years' experience of studio and mat work. Absolute beginners and newcomers contact me first please. **Email [alison.bray@gmail.com](mailto:alison.bray@gmail.com) or visit [www.abpilates.co.uk](http://www.abpilates.co.uk).**

### Gentle Yoga

**Mondays, 6–7pm**

The Mill, 7–11 Coppermill Lane, E17 7HA  
Gentle yoga class; great for beginners, health issues, newbies or anyone wanting a small, friendly, relaxing yoga class. We learn simple physical poses to improve posture and general physical and mental well-being, with a calming relaxation to finish. £10 drop-in or £9 with a loyalty card, £5 concessions.

**Email [josettayoga@hotmail.co.uk](mailto:josettayoga@hotmail.co.uk) or phone 07554 440 499.**

### Ashtanga Yoga

**Mondays 7–8.30pm**

The Mill, 7–11 Coppermill Lane, E17 7HA  
Fast-flowing dynamic yoga class for emotional and physical wellbeing. Great for increasing fitness, flexibility and balance, with calming relaxation to finish. £11 drop-in or £10 with a loyalty card, £5 concessions. **For more info email [josettayoga@hotmail.co.uk](mailto:josettayoga@hotmail.co.uk) or phone 07554 440 499.**

### Swimming Lessons at Tritons Community Pool

**Every day, times vary**

Tritons Community Pool, Waltham Forest College, Forest Road, E17 4JB

Exercising in water makes your body work harder and you don't need to be a professional to reap the benefits. Adult sessions are available at a range of convenient times on weekdays and at weekends, while one-to-one lessons are available Monday to Sunday between 4pm and 6pm. TSS is an ASA accredited pool, offering swimming lessons for children and adults and our fantastic tutors are committed

to providing high quality lessons. **For further information, visit [www.tritons.org.uk](http://www.tritons.org.uk) or email [info@tritons.org.uk](mailto:info@tritons.org.uk).**

### Latin Dance Fitness

**Thursdays, 7–8pm**

William Morris Community Centre, 8 Greenleaf Road, E17 6QQ

A fun-packed fitness workout combining basic steps and movement of numerous international dance styles to shape and tone your body. All welcome – suitable for all shapes and sizes, ages and abilities. No need to book in advance. £5 a class. **Email [tglday@talk21.com](mailto:tglday@talk21.com) for further info.**

### Orion 15

**Saturday 25 March, 10am**

Jubilee Retreat, Bury Road, Chingford, E4 7QJ

A 15 mile cross-country run through Epping Forest. Plenty of mud and hills in this classic run which starts and finishes in Chingford – a real challenge for anyone. **Entry in advance (by donation) and further information from [www.orionharriers.com/races/orion-15/](http://www.orionharriers.com/races/orion-15/)**

### Morris Dancing for Beginners

**Wednesdays, 8–10pm**

St Gabriel's Family Centre (back hall), Havant Road, E17 3JF

Blackhorse and Standard Women's Morris dancers invite you to 'Have a Go' at traditional English Morris dancing at our Beginners' Evening. A fun and friendly way of keeping fit. No experience necessary, just come along and have a go. Musicians – male or female – also welcome. First term free to new members.

**For more information, phone 020 8527 2926 or 020 8514 8771 or visit [www.blackhorseandstandard.org.uk](http://www.blackhorseandstandard.org.uk).**

## Clubs and community

### Affordable Psychotherapy in English and Spanish

**Monday to Friday, 9am–8pm**

Two minutes from St James Street Station  
Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. **Phone Valeria Bonfiglio on 07912 887 588, email [info@valeribonfiglio.co.uk](mailto:info@valeribonfiglio.co.uk) or visit [www.valeribonfiglio.co.uk](http://www.valeribonfiglio.co.uk).**

### Free IT training

**Tuesdays, 5.30–7.30pm**

Leyton Sixth Form College, Essex Road, E10 6EQ

If you would like help to learn how to use computers, tablets and smartphones, Leyton Sixth Form College offer a free workshop every Tuesday during term time. You can learn about technology, and interact with the students over a cup of tea. You can even earn the European Computer Driving License (ECDL) qualification. **For information, email [tracey.rogers@leyton.ac.uk](mailto:tracey.rogers@leyton.ac.uk) or text 07825 581 216.**

### Church Lane Community Garden

**Saturdays, 10am–4pm; Wednesdays, 11am–4pm**

Harold Road, E11 4QX

Come along to Transition Leytonstone's award-winning community garden (next to the playground and footbridge over the Central line). We offer organic fruit and veg, plants for sale, gardening tools to borrow, growing tips, regular workshops and volunteering opportunities. **Email [cg@transitionleytonstone.org.uk](mailto:cg@transitionleytonstone.org.uk) or phone Shannon on 07450 474 538.**

### Community local produce stall

**Every Saturday, 10.30am–3pm**

St John's Church, Church Lane, E11 1HB (between the church and Matalan)

A stall selling delicious, locally grown organic fruit and vegetables, and other local produce. A partnership between OrganicLea and Transition Leytonstone. **Email [stall@transitionleytonstone.org.uk](mailto:stall@transitionleytonstone.org.uk) or phone 020 8556 3090.**

### Leytonstone Green Drinks

**Wednesday 15 February, from 8pm**

The Walnut Tree, 857–861 High Road, E11 1HH

Are you green and eco-minded? Do you want to meet others with the same interests? Then come along on the 15th of any month and enjoy good company, green conversations and great beer. Look for the table with the green tablecloth. **For more information, phone 07747 014 235.**

### Why Diversity Matters in Politics

**Thursday 9 February, 6–9pm**

Committee Room 2, Waltham Forest Town Hall, Forest Road, E17 4JF

A free networking opportunity and chance to engage with current and new Labour Party BAME members. Event includes support for prospective candidates for the 2018 Council Election, how best to engage BAME communities and discussion on why diversity matters in politics. **To book a place, visit [www.eventbrite.co.uk/e/bame-event-why-diversity-matters-in-politics-tickets-31014581448?aff=es2](http://www.eventbrite.co.uk/e/bame-event-why-diversity-matters-in-politics-tickets-31014581448?aff=es2).**

### Café Life

**Wednesdays, 11am–3pm**

Cornerstone, 149 Canterbury Road, E10 6EH

**Fridays, 1–5pm**

Upstairs at the Hornbeam Café, 458 Hoe Street, E17 9AH.

You are invited to either or both of the venues to partake in social activities such as arts and crafts, board games, quizzes or competitions; all complimented with refreshing hot and cold drinks and snacks. **Phone Sabbir Ahmed on 07894 936 205 or email [Sabbir.ahmed@lifeline.org.uk](mailto:Sabbir.ahmed@lifeline.org.uk).**

### League of Friends car boot sale

**Saturday 4 March, 7am–12noon**

Whipps Cross Hospital, Whipps Cross Road, E11 1NR

The Whipps Cross Hospital League of



Friends begin this year's car boot sales on 4 March. The stalls will be set up on the staff car park in the hospital grounds, near A&E. The car boot sales take place on the first Saturday of every month. Book a place for a car at £10 or a van at £14. No food or drink seller allowed. **To book, please phone Mrs B Fone on 020 8556 3492 between 5pm and 9pm, Monday to Friday.**

## St Luke's Good Life Club

**Wednesdays, 1–3pm**  
Jubilee Hall, Greenleaf Baptist Church, Greenleaf Road, E17 6QQ  
Speakers, quizzes, videos, social events and outings for those over 55. Cost is £2, which includes refreshments. **For further information, phone Jean Bladon on 020 8558 8262 or visit <http://www.walthamstowchurch.org.uk/our-churches/st-lukes/>**

## Culture and crafts

### Learn Mandarin

**Mondays, Thursdays and Saturdays**  
London Cross-Culture Bilingual (LCB) Education Centre, 327 Church Road, E10 7JG  
Would you like to be more confident to speak Mandarin? A highly qualified teacher with 25 years' experience including 10 teaching experience in the UK can help you. He provides a wide range of courses from Beginners to Advance for young people up to senior citizens. **Phone Mr Jianhui Cai on 07412 485 813, email [jianhui.cai@lcbeducationcentre.com](mailto:jianhui.cai@lcbeducationcentre.com) or visit [www.lcbeducationcentre.com](http://www.lcbeducationcentre.com).**

### E17 Jazz

**Tuesday 28 Feb, 8.30–11pm**  
The award winning e17 jazz collective presents concerts featuring local musicians of national renown, plus exciting guest stars in a relaxed jazz club setting. Entry is £8 or £5 for concessions. Kids under 15 go free! **For more info, visit [www.e17jazz.com/whatson](http://www.e17jazz.com/whatson).**

## The CommUnity Gospel Choir

**Tuesdays from 21 February, 7.15–9pm**  
The Wesleyan Christian Centre, 1 Harrow Green, E11 3HP  
If you have ever thought about singing in a gospel choir, then look no further! We welcome new members, no auditions. We are a friendly 'mixed' group of singers – all ages and abilities, who enjoy the greatness of singing gospel music. £5 per session, or £45 for 10 sessions, payable in advance. **For more information, visit [www.facebook.com/TheCommUnityGospelChoir](http://www.facebook.com/TheCommUnityGospelChoir) or email [choir@leytonstoneunitedfree.co.uk](mailto:choir@leytonstoneunitedfree.co.uk).**

## Waltham Forest Community Choir

**Mondays, 7.30–9.30pm (term time only)**  
St Mary's Church, Church End, E17 9RJ  
We are a self-funded group open to anyone living or working in the borough.

Previous singing or musical experience is not required. We believe that singing should be accessible to anyone and do not audition prospective members. Our musical repertoire is diverse and includes classical, traditional, folk and popular styles. All are welcome. Currently seeking to recruit Tenors and Basses. £50 per term. **Visit [www.singwithus.net](http://www.singwithus.net), email [members@singwithus.net](mailto:members@singwithus.net), visit [www.facebook.com/walthamforestcommunitychoir](http://www.facebook.com/walthamforestcommunitychoir) or phone 07954 740 745.**

## St Barnabas Sunday Concerts 'Forest Echoes'

**Sunday 12 February, 4–5pm**  
St Barnabas Church, E17 8JZ  
Songs and opera from magical woodlands and enchanted forests... Featuring E17 madrigal singers 'Forest Airs' directed by Kevin West. Performed by Walthamstow opera singers Gillian Keith and Tom Randle and pianist John Reid. Proceeds to local charity. Admission free, but a suggested donations of £5–10 gratefully accepted. **For further information, visit [www.facebook.com/StBarnabasSundayConcerts](http://www.facebook.com/StBarnabasSundayConcerts).**

## Sewing Workshop

**Wednesdays, 12–2pm**  
Café Life, The Cornerstone, 149 Canterbury Road, E10 6EH.  
Fancy making something? We are offering a free two hour sewing workshop for everyone in the community. No need to book, just come along and learn how to use a sewing machine in a fun and friendly environment. **Phone Sabbir Ahmed on 07894 936 205 or email [Sabbir.ahmed@lifeline.org.uk](mailto:Sabbir.ahmed@lifeline.org.uk).**

## Strung Out Violin for Adults

**Mondays, Beginners, 7pm; Tuesdays, Easy, 6.30pm; Improvers 7.30pm; Thursdays, Intermediates, 7pm; Early Stages 8pm**  
Studio Office, Quaker Meeting House, 1a Jewel Road, E17 4QU  
Strung Out is a fun violin group for adult enthusiasts of all levels, with Alison Jones, who has worked across the globe as a professional musician for over 30 years. All styles of music welcomed from classical to traditional. **For information, phone Alison on 020 7018 2927, email [strungout@shapeshifter-productions.com](mailto:strungout@shapeshifter-productions.com) or visit [www.shapeshifter-productions.com](http://www.shapeshifter-productions.com).**

## Talk by Vanessa Olorenshaw, author of Liberating Motherhood

**Wednesday 29 March, 11–1pm**  
Gnome House, 7 Blackhorse Lane, E17 6DS  
Vanessa will be speaking about her ground breaking book. She will be introduced by Naomi Stadlen, author of What Mothers Do. There will be refreshments and signed books for sale. Hosted by La Leche League Waltham Forest. **For further info, email [ill.walthamforest@laleche.org.uk](mailto:ill.walthamforest@laleche.org.uk).**

## Children and young people

### Be Wild Forest Saturday Club

**Saturday 11 March, 10am–1pm**  
Suntrap Forest Education Centre, Church Road, High Beech, Loughton, IG10 4AJ  
A wild adventure on the second Saturday of every month for children aged 8–11 who like playing in the woods come rain or shine! In addition to natural play, exploration and outdoor games, children will take part in a range of activities throughout the year in Epping Forest or in our grounds, such as den building and fire lighting. £20pp or buy 5 sessions, get one free. **Booking is essential, so phone 020 8508 0611 or email [suntrap.centre@walthamforest.gov.uk](mailto:suntrap.centre@walthamforest.gov.uk) to save your space.**

### Free Children's Karate

**Mondays, 5pm**  
Parkside School, Wellington Avenue, E4 6RE  
**Fridays, 5pm**  
New Road Methodist Church, New Road, E4 9EU  
Come along and try Karate, your first lesson is free. **Phone Robert on 07951 309 914, visit [www.rodinkarateclub.co.uk](http://www.rodinkarateclub.co.uk) or email [robertfresco@talktalk.net](mailto:robertfresco@talktalk.net).**

### Forest Football Academy

**Saturdays, 9.30–10.30am**  
Low Hall Sports Ground, South Access Road, E17 8AX  
Football coaching for children aged four to 16, led by fully-qualified Football Association (FA) coaches. **For more information, phone Liam on 07903 728 648.**

## Waltham Forest Youth Theatre

**Saturdays, 10.30am–12noon**  
Forest Community Centre, Guildford Road, E17 4EA  
We work towards group and individual Trinity College exams and towards performing on a stage and to build confidence. Our classes are managed and taught by qualified, experienced and professional teachers, and are suitable for children aged five to 10 years. **Phone Michael Michael on 07860 716 295, email [mep@btclick.com](mailto:mep@btclick.com) or [www.walthamforestyouththeatre.co.uk](http://www.walthamforestyouththeatre.co.uk).**

### Reception and Year 1 Dance Class

**Mondays, 4.15–5.15pm**  
Shern Hall Methodist Church, Shernhall Street, E17 9HX  
Ballet, tap and freestyle dance class. We will be working towards a show in June. Run by an IDTA qualified teacher. **For more information, phone Nicola on 07814 781 642 or email [avoladance@hotmail.co.uk](mailto:avoladance@hotmail.co.uk).**

### Melody Movement

**Friday Mornings, times vary**  
Shern Hall Methodist Church, Shernhall Street, E17 9HX  
The only Melody Movement School in Waltham Forest, offering dance and movement from age two. Includes dance,

movement, dressing up and music.

Collect stickers to complete a work card, on completion of 12 lessons, a medal is received. £5 per week. Phone now to book a place, as numbers are limited. **Phone Nicola on 07814 781 642 or email [avoladance@hotmail.co.uk](mailto:avoladance@hotmail.co.uk).**

### Children's Yoga in Lloyd Park

**Fridays, 3.40–4.20pm and 4.20–5pm**  
Le Délice café back room, Winns Terrace, Lloyd Park, E17 5SQ  
Educational-based yoga, incorporating the Montessori method and other learning methods. Yoga games, postures, dynamic flow and much more all in one session. Aiming to improve balance, strength and coordination. Trial class £3. Join us for adventure yoga for ages two to seven at 3.40pm and mindfulness/pre-teen yoga for ages eight to 16 at 4.20pm. **For information, or to book, phone Michelle on 07505 778 409, email [blisscubs@hotmail.com](mailto:blisscubs@hotmail.com) or visit <http://blisscubs.wixsite.com/yoga>.**

### Russian music group for toddlers

**Mondays, 10.30–11.30am and Thursdays, 1.30–2.30pm**  
Keys and Hammers Piano Studio, 6–10 Central Parade, Hoe Street, E17 4RT  
Want your child to learn Russian through songs and dance? Welcome to our weekly group for children up to 3.5 years old living in Waltham Forest and surrounding areas. Complimentary tea, coffee and treats after each session. First session is £5, following sessions must be booked in advance in blocks of five or 10 lessons. **For details, phone Nina on 07770 306 434 or email [e17ninapiano@gmail.com](mailto:e17ninapiano@gmail.com).**

## Community Ward Forums

### Chingford Green and Endlebury

**Monday 6 February, 7.30–9.30pm**  
Chingford Assembly Hall, Station Road, E4 7EN

### Hoe Street

**Monday 6 February, 7–8.30pm**  
St. Stephen's Church, 1a Copeland Road, E17 9DB

### Larkswood and Valley

**Monday 6 February, 7–9pm**  
South Chingford Community Library, Chingford Mount Road, E4 8LP

### Forest

**Thursday 8 February, 7–9pm**  
Belmont Park School, 101 Leyton Green Road, E10 6DB

### Grove Green

**Wednesday 15 February, 7–9pm**  
Sidmouth House, Sidmouth Road, E10 5QZ

### Markhouse

**Thursday 16 February, 7–9pm**  
Edinburgh Primary School, 97 Queens Road, E17 8QR

### Cathall

**Wednesday 22 February, 7–8.45pm**  
Salvation Army, Southwell Grove Road, E11 4PP

### Leyton

**Wednesday 22 February, 7–8.45pm**  
The Score Centre, 100 Oliver Road, E10 5JY

**For more information, visit [www.walthamforest.gov.uk/content/community-ward-forums](http://www.walthamforest.gov.uk/content/community-ward-forums)**

## Council Meetings

### Tuesday 7 February

Planning Committee, 7pm

### Thursday 9 February

Housing Scrutiny Committee, 7pm

All meetings are held at Waltham Forest Town Hall and start at 7.30pm, unless stated otherwise. Dates and times are subject to change.

**For more information, visit [www.walthamforest.gov.uk/councilmeetings](http://www.walthamforest.gov.uk/councilmeetings)**

## Tell us what's on

**Email your event details to: [walthamforestnews@walthamforest.gov.uk](mailto:walthamforestnews@walthamforest.gov.uk)**

**The deadline for Monday 6 March edition is Friday 17 February**

**Inclusion cannot be guaranteed, due to the high volume of requests received.**

**Please send your listing in the body of an email, formatted as shown on these pages. Events received in other formats will not be used.**

**Please keep to a maximum of 90 words and a maximum of two listings per person/group.**

# Fantastic foster carers

- **Committed carers honoured at the Council's Foster Carer Awards**
- **Ceremony shone a spotlight on inspirational stories of Waltham Forest's foster carers**

**Inspirational residents from across Waltham Forest who help transform the lives of vulnerable children and young people have been celebrated at Waltham Forest's Foster Carer Awards 2017.**

Two of the borough's dedicated foster carers, Pauline Cole and Peter Filmer, have provided a loving family environment to children and young people in need since September 2007. In addition to looking after young people long-term, they have given respite to more than 80 young people over the years in their role as emergency out-of-hours carers.

The couple have always been willing to go the extra mile as foster carers, and have done all they can to support their foster children to reach their individual academic goals.

After being presented an award for Supporting Educational Attainment at the Council's annual fostering celebration ceremony,

Pauline said: "We began fostering because it was something we had always wanted to do. When our children were older and we had space at home we felt it was the right time to do it. We are very pleased with our award and believe that education is very important."

The Foster Carer Awards 2017, which took place on Friday 27 January, saw carers from across the borough rewarded for their hard work helping transform the lives of hundreds of disadvantaged children.

Kathleen Hudson was presented with a Services to Fostering award for successfully helping children and young people in challenging situations with incredible resilience and patience.

Social workers noted Kathleen's skill and ability to effect positive change, offer children and young people much-needed stability – and face any situation with a smile and good grace. Kathleen was also praised for the warmth



**Cllr Grace Williams, Cabinet Member for Children and Young People, winning foster carers Peter Filmer and Pauline Cole and David Fry, Head of Placements and Resources for Waltham Forest Council**

and kindness she shows every child placed with her, as well as for drawing on her mental health professional background to support and understand the needs of the young people in her care and ensure their wishes and feelings are always heard.

**"I began fostering because I wanted to give something back to the community."**

Kathleen said: "I began fostering because of my love for children and my desire to do what I can to assist their development and growth. I would like to thank my supervising social worker and all those who considered me worthy of this award. I am so happy, excited and grateful."

The Working with Diversity award went to Paulette Brown, who is a parent and child foster carer.

Paulette was singled out for the commitment, resilience, patience and care she has showed towards all of the children and young people she has looked after since becoming a carer in 2013.

Paulette said: "I began fostering because I wanted to give something

awards ceremony. They have clearly made an immeasurable difference to the lives of so many of our young people.

"They really are an absolute credit to Waltham Forest, and we want them to know just how much we value their commitment and compassion."

Waltham Forest's Foster Carer Awards 2017 also saw awards given out for Long Service, Carer of the Year and Managing Transitions. The Carer of the Year was chosen by a fostered young person.

## More info

Waltham Forest foster carers receive a rewards package that includes up to 60 per cent off their council tax, a professional fee, discounted access to the borough's six leisure centres and 24/7 support. For more information, and to register your interest, visit [www.fosteringwalthamforest.co.uk](http://www.fosteringwalthamforest.co.uk).

## In brief

### Waltham Forest Directory

If you're looking for ways to keep the kids entertained during next week's school half term holiday, why not take a look at the Waltham Forest Directory for advice and inspiration on all things family-related? The Directory is one of the Council's newly-launched self-service digital tools, which are designed to make it quick and easy for you to find the information you want; 24 hours a day, seven days a week. The Directory is split into eight categories: children

and families, abuse and protection, adult social care, health and wellbeing, learning and employment, leisure and recreation, home and housing and money. You can get advice on all sorts of family matters from free childcare and toddler and baby groups to sporting activities and free events.

• **For more information, visit <https://directory.walthamforest.gov.uk/>. Free internet access is available in all Waltham Forest Libraries.**

### Winter Warmth event

Older residents are being encouraged to attend a Winter Warmth event hosted by local charity Age UK Waltham Forest. The event takes place at the Waltham Forest Resource Hub North (58 Hall Lane, E4 8EU) on Monday 13 February, between 1pm and 4pm. Local energy charity Heet will be on hand to give free advice about energy efficiency, staying warm and healthy at home and how you could save money on your fuel bills. There will also be lots of free giveaways on the day,

including fleece jackets, blankets, ice grippers and Winter Warmth information packs. Local volunteers have also been busy knitting hats, gloves and scarves, to do their bit to help older residents keep warm and well this winter, but supplies are limited. There's no need to book a place at the event, just turn up.

• **For more information on Age UK Waltham Forest, visit [www.ageuk.org.uk/walthamforest](http://www.ageuk.org.uk/walthamforest) or phone 020 8558 5512.**



**You can get advice on staying warm and well, thanks to Age UK Waltham Forest**



# Meet the Feel Good Champions

- Waltham Forest residents hope to inspire others to get active
- Follow their journeys on social media using #Feelgoodkickstart



Walthamstow resident Ade Ashaye is one of the new Feel Good Champions

## Two residents hoping to lead healthier lives have been officially named Waltham Forest's Feel Good Champions.

As part of the Council's Feel Good Kick Start campaign, which offers local people advice and opportunities to get active, residents were invited to send videos over social media explaining why they would like a bit of extra support reaching their health goals.

The two residents chosen to chart their fitness journeys and hopefully inspire others to follow suit are 35-year-old Ade Ashaye and 34-year-old Jenny Newman.

Ade and Jenny will be recording their experiences using social media and you can follow their progress, support their efforts and hopefully share your own fitness achievements using #Feelgoodkickstart.

To help our new Feel Good Champions on their way, they have been given one year's membership to all of the borough's leisure facilities and will be given opportunities to try new sports and leisure activities as the year goes on.

Upon learning she was to be one of the two champions, Jenny, who lives in Higham Hill, said: "The prospect of being a Feel Good Champion is brilliant, scary and nerve-racking. I'm so excited to have this opportunity, but I'm nervous that it means the time for excuses has come to an end! I feel a responsibility to do my best for myself and demonstrate to others that it is possible.

"At the moment, I notice that my body aches and I tire easily, so I'd like to feel younger (or at least my age!) and to rediscover the joy to celebrate life to its fullest. Basically, I hope to feel like the best version of myself possible."

Jenny, who works for the University of the Arts London, said both she and her partner Mo became inactive and lost themselves to grief two years ago following a particularly traumatic period during which Mo's sister died after a short but aggressive battle with cancer, and – just a few months later – Mo's mum died. Jenny said now is the time to try and enjoy life once again, prove there is life after loss and



Jenny Newman, who lives in Higham Hill, is the second new Feel Good Champion

become healthier and happier.

"I don't think there's a magic formula to achieving this, so I hope I'll encourage others by being honest about how difficult it can be, but also showing that it is possible and that there are benefits quite soon," she said. "I want to be my own cheerleader and keep myself motivated, rather than giving myself excuses to give up. I'd like to prove that even the most unmotivated person can take steps to change their life more than they imagined."

Ade, who lives in Walthamstow and works as a paramedic and nurse at junior doctor level at Lewisham Hospital's A&E department, wants to rediscover the healthy lifestyle he once had.

Last year, Ade slimmed down to the point where he even sported a 'six pack' – but in recent months has put the pounds back on.

He said: "I've been eating junk food and going out quite a lot in the evenings and I've not been able to keep the weight off like I could when I was younger. And with work it can be quite difficult to find the time to exercise because of my shift

patterns."

Ade would like to be a role model for healthy living, and hopes others will follow in his footsteps. "If I can spur more people on to use the borough's excellent facilities, that would be great," he said.

As someone who used to play a lot of sport, Ade is already hoping to try out some of the many different sporting opportunities in Waltham Forest. We will give you updates on Ade's and Jenny's stories in the pages of Waltham Forest News as the year goes on.

## More info

You can follow Ade's and Jenny's journeys on social media using #Feelgoodkickstart

and by following the Council on Twitter @wfcouncil. To see how Jenny is getting on, follow her @mrsnormanknows and to find out what Ade is doing to get active, follow @Ashaye\_A.

To find out more about what the Council is doing to help residents stay healthy and happy, visit [www.feelgoodwalthamforest.com](http://www.feelgoodwalthamforest.com).

## In brief

### Be Food Smart

One hundred and seventy local schoolchildren learnt about the importance of eating well and being active at a special event at Leyton Orient Football Club (Matchroom Stadium, Brisbane Road, E10 5NF) last month. The Council's public health team organised the event in support of Public Health England's nationwide 'Be Food Smart' Change4Life campaign, which highlights the damage that can be caused by children eating and drinking too much sugar, saturated fat and salt, including becoming overweight or obese and developing tooth decay.

• A new, free-to-download "Be Food Smart" app has been developed to highlight just how much sugar, saturated fat and salt can be found in everyday food and drink – download it from the iTunes Store or Google Play.

### Fire Kills

Ahead of next week's half term holiday, the London Fire Brigade is calling on parents to teach children about fire safety while cooking. Half of all home fires start in the kitchen, often due to distractions such as taking phone calls or looking after family members. Top safety tips include taking pans off the heat if you leave the kitchen, checking that the cooker is off, keeping tea towels and cloths away from the hob and keeping the kitchen clean, as a build-up of grease can ignite a fire. If a pan catches fire while you are cooking, you should not move it, and never throw water on a chip pan fire – it can explode; causing serious injury and fire damage. You should also make sure you have a working smoke alarm on every level of your home, and test them monthly. If a fire breaks out remember to get out, stay out and call 999.

• For more information, visit <https://firekills.campaign.gov.uk>.

### Guided walks

To mark its 50th anniversary this year, the Lee Valley Regional Park Authority is hosting 50 free, guided walks throughout the 26 mile-long park, inviting residents to explore and enjoy the vibrant open spaces found across London, Essex and Hertfordshire. Led by Lee Valley's Rangers Team and a group of knowledgeable local volunteers, the guided walks will take place on weekends throughout the year. They are suitable for all ages, and there's no need to book a place in advance, just turn up at the relevant meeting point before the scheduled departure time.

• For more information, visit [www.visitleevalley.org.uk/whatson](http://www.visitleevalley.org.uk/whatson) or phone 03000 030 610.

# London Borough of Waltham Forest

## Cann Hall



Patrick  
Edwards

Sally  
Littlejohn

Keith  
Rayner

## Cathall



Naheed  
Asghar

Shameem  
Highfield JP

Terry  
Wheeler

## Chapel End



Paul  
Douglas

Louise  
Mitchell

Steve  
Terry

## Chingford Green

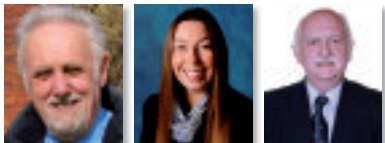


Matt  
Davis

Nick  
Halebi

Andy  
Hemsted

## Endlebury

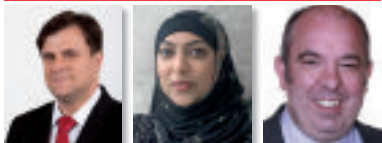


Roy  
Berg

Caroline  
Eric

Peter  
Herrington

## Forest



Kastriot  
Berberi

Shabana  
Dhedhi

Gerry  
Lyons

## Grove Green



Khevyn  
Limbajee

Anna  
Mbachu

Chris  
Robbins

## Hale End and Highams Park



Tony  
Bell

Paul  
Braham

Sheree  
Rackham

## Hatch Lane



Marion  
Fitzgerald

Tim  
James

Geoff  
Walker

## High Street



Liaquat  
Ali MBE JP

Raja  
Anwar

Clare  
Coghill

## Your Council



**Peter  
Herrington**  
Mayor of  
Waltham  
Forest,  
2016-17



**Chris  
Robbins**  
Leader  
of the  
Council



Labour

Conservative

## The Cabinet



**Chris  
Robbins**  
Leader  
of the  
Council



**Clyde  
Loakes**  
Deputy  
Leader of  
the Council  
and Cabinet  
Member for  
Environment



**Clare  
Coghill**  
Cabinet  
Member for  
Economic  
Growth and  
High Streets



**Liaquat  
Ali MBE JP**  
Cabinet  
Member for  
Community  
Safety and  
Cohesion



**Grace  
Williams**  
Cabinet  
Member  
for Children  
and Young  
People

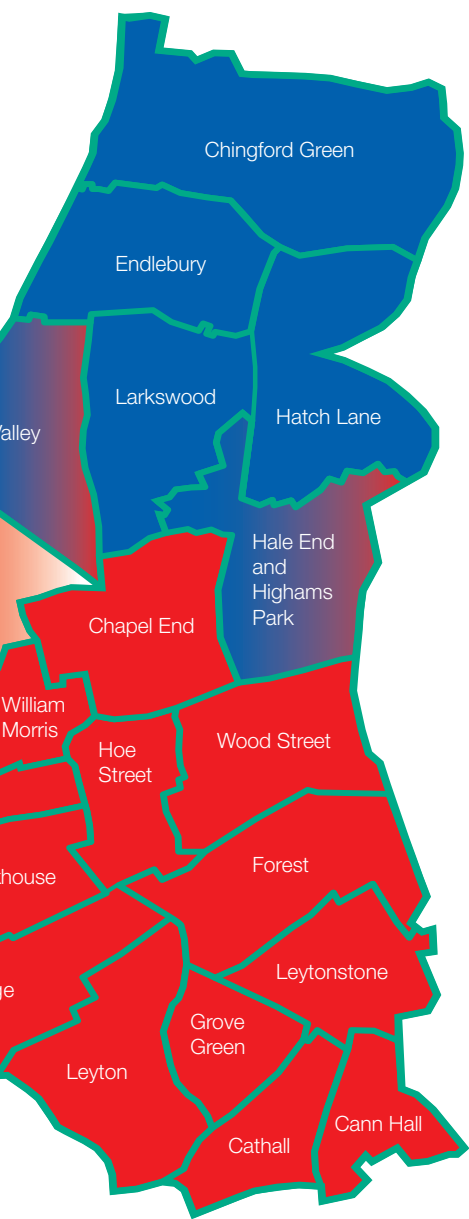


**Khevyn  
Limbajee**  
Cabinet  
Member for  
Housing



To contact your local Councillor, or for more information, visit [www.walthamforest.gov.uk/your-local-councillor](http://www.walthamforest.gov.uk/your-local-councillor)

# Councillors



Con/Lab      Labour/Independent

## Higham Hill



Karen Bellamy



Tim Bennett-Goodman



Alistair Strathern

## Hoe Street



Ahsan Khan



Saima Mahmud



Mark Rusling

## Larkswood



Millie Balkan



Bernadette Mill



John Moss

## Lea Bridge



Masood Ahmad



Mohammad Asghar



Yemi Osho

## Leyton



Jacob Edwards



Whitney Ihenachor



Simon Miller

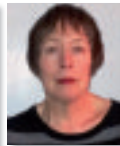
## Leytonstone



Jenny Gray



Clyde Loakes



Marie Pye

## Markhouse



Johar Khan



Asim Mahmood



Sharon Waldron

## Valley



Aktar Beg



Jemma Hemsted



Alan Siggers

## William Morris



Nadeem Ali



Stuart Emmerson



Grace Williams

## Wood Street



Peter Barnett



Angie Bean



Richard Sweden

# Cabinet



Angie Bean  
Cabinet Member for Adult Services



Ahsan Khan  
Cabinet Member for Health and Wellbeing



Sharon Waldron  
Cabinet Member for Digital and Customer Services



Naheed Asghar  
Cabinet Junior



Stuart Emmerson  
Cabinet Junior



## Notices

### NOTICE OF SEIZURE OF PROPERTY

**TAKE NOTICE** that it has come to the attention of the London Borough of Waltham Forest (the competent authority) that the following vehicle: White Ford Transit van bearing the registration mark of YE53 NXW.

Has been seized and stored by an Authorised Officer of the Council from Cann Hall Road, Leytonstone, E11 3JQ at 09.30hrs on Wednesday 11th January 2017 under the powers of Section 34b of the Environmental Protection Act 1990. Any person wishing to claim entitlement to this property must do so in writing to Mr Michael Rogers, Room 103, Sycamore House, Town Hall Complex, Forest Road, E17 4JF.

Any such claim must be received no later than 16.00hrs Wednesday 8th February 2017 (the Claim Period) with the following evidence from any claimant in order to establish entitlement to the seized property:-

- (a) the claimant's name, address and proof of identity;
- (b) where an agent makes the claim on behalf of their principal, the information in sub-paragraph (a) in respect of the agent and proof of authority to act as agent;
- (c) where the seized property is a vehicle with a registration mark, and the person claiming entitlement purports to be the registered keeper of the vehicle, the registration document

If the vehicle is not claimed within the Claim Period, or if a claimant who brought a claim within such period is determined as not entitled to the vehicle, the vehicle may be destroyed or otherwise disposed of in accordance with regulation 21 of the Control of Waste (Dealing with Seized Property) (England and Wales) Regulations 2015.

**Dated 8th February 2017**

**Michael Rogers (Authorised Officer)  
Envirocrime Senior Specialist Officer  
(Central and North Neighbourhoods)**

### St Georges Court and Whipps Cross House E17 – Parking provision development proposal Statutory Consultation – Secure Council Tenants of 287 and 289 Wood Street (Flats 1-124 St Georges Court & 1-22 Whipps Cross House)

#### Section 105 of Housing Act 1985

The Council intends to consult all secure tenants at 287 and 289 Wood Street (Flats 1-124 St Georges Court and 1-22 Whipps Cross House) about the St Georges Court and Whipps Cross House E17 parking provision development proposal. This is a "matter of housing management" that is likely substantially to affect secure tenants at these properties for the purposes of Section 105 of the Housing Act 1985. The arrangements for this consultation are as follows:

- On or around **6th February 2017** all secure tenants at 287 and 289 Wood Street (Flats 1-124 St Georges Court & 1-22 Whipps Cross House) will be sent

a 'St Georges Court and Whipps Cross House E17 Parking provision development proposal' Information Pack summarising the issues involved and setting out the Councils' proposals. This pack will consist of a letter and drawing(s) of the proposals.

- Secure tenants will be invited to make their views known to the Council via email or by writing to the Council at the addresses given in the Information Pack. We will also invite views from the leaseholders within the flats as leases may need to be varied.

- Secure tenants will have 28 days to make their views known to the Council. Before making a final decision on this matter the Council will consider any representations made in accordance with these arrangements.

This Notice is published in accordance with Section 105(5) of the Housing Act 1985. A copy of this Notice is online at <http://www.walthamforest.gov.uk/dhwhf-StGeorgesCourt> and for inspection at Waltham Forest Housing, Cedar Wood House, 2d Fulbourne Road, E17 4GG between 9am-5pm, Monday to Friday. In addition, a copy of this Notice will be given to any member of the public who asks for one.

**Responses must be received no later than 6th March 2017.**

### Churchill Terrace E4 – Demolition of Pram sheds/stores and site development proposal Statutory Consultation – Secure Council Tenants of 7-98 Churchill Terrace E4

#### Section 105 of Housing Act 1985

The Council intends to consult all secure tenants at 7-98 Churchill Terrace E4 about the Demolition of Pram sheds/stores and site development proposal to build new homes at Churchill Terrace E4. This is a "matter of housing management" that is likely substantially to affect secure tenants at these properties for the purposes of Section 105 of the Housing Act 1985. The arrangements for this consultation are as follows:

- On or around **6th February 2017** all secure tenants at 7-98 Churchill Terrace will be sent a 'Churchill Terrace E4 Demolition of Pram sheds/stores site development proposal' Information Pack summarising the issues involved and setting out the Councils' proposals. This pack will consist of a letter and drawing(s) of the proposals.

- Secure tenants will be invited to make their views known to the Council via email or by writing to the Council at the addresses given in the Information Pack. We will also invite views from the leaseholders within the flats as leases may need to be varied.

- Secure tenants will have 28 days to make their views known to the Council. Before making a final decision on this matter the Council will consider any representations made in accordance with these arrangements.

This Notice is published in accordance with Section 105(5) of the Housing Act 1985. A copy of this Notice is online at <http://www.walthamforest.gov.uk/dhwhf-ChurchillTerrace> and for inspection at Waltham Forest Housing, Cedar Wood House, 2d Fulbourne Road, E17 4GG between 9am-5pm, Monday to Friday. In

addition, a copy of this Notice will be given to any member of the public who asks for one.

**Responses must be received no later than 6th March 2017.**

## Planning

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 164165

**APPLICANT** Mr Edward Bryant

**ADDRESS** 9 Church Path, Walthamstow, London, E17 9RQ

**PROPOSAL** Enlargement of existing single storey rear extension, construction of first floor rear extension and replacement of sliding sash windows to match existing windows.

The application is available to view on the following website:

**[www.walthamforest.gov.uk/planning-search](http://www.walthamforest.gov.uk/planning-search)**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
- 2: Click on 'planning applications' (under most popular)
- 3: Click on the green text 'search for planning applications'

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 06th February 2017**

**Rob Bristow, Head of Development Management and Building Control  
London Borough of Waltham Forest**

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a listed building has been made to the Council.

**APPL. NO** 163919

**APPLICANT** Mr Tyler McGill

**ADDRESS** Dovecote, Pimp Hall Park, Simmons Lane, Chingford

**PROPOSAL** Refurbishment of existing single storey building.

The application is available to view on the following website:

**[www.walthamforest.gov.uk/planning-search](http://www.walthamforest.gov.uk/planning-search)**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
- 2: Click on 'planning applications' (under most popular)

3: Click on the green text 'search for planning applications'

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 6 February 2017**

**Rob Bristow, Head of Development Management and Building Control  
London Borough of Waltham Forest**

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a listed building has been made to the Council.

**APPL. NO** 170042

**APPLICANT** Ms Jennifer Greenidge

**ADDRESS** St Margarets, High Road, Woodford Green, IG8 9LB

**PROPOSAL** Minor Internal Alterations to listed building.

The application is available to view on the following website:

**[www.walthamforest.gov.uk/planning-search](http://www.walthamforest.gov.uk/planning-search)**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
- 2: Click on 'planning applications' (under most popular)
- 3: Click on the green text 'search for planning applications'

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 6 February 2017**

**Rob Bristow, Head of Development Management and Building Control  
London Borough of Waltham Forest**

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 170025

**APPLICANT** Ms Helen Furlong

**ADDRESS** Rear of 5 & 6 Crown Buildings, The Green, Chingford, London, E4 7E

**PROPOSAL** Demolition of existing storage building and construction of two storey

building to provide 2 x 2 bedroom flats  
The application is available to view on the following website:

**[www.walthamforest.gov.uk/planning-search](http://www.walthamforest.gov.uk/planning-search)**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
- 2: Click on 'planning applications' (under most popular)
- 3: Click on the green text 'search for planning applications'

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 6 February 2017**

**Rob Bristow, Head of Development Management and Building Control  
London Borough of Waltham Forest**

### PRESS STATEMENT

#### 3 FIRST AVENUE, WALTHAMSTOW E17 9QG

Mrs G Sangarapillai has appealed against the decision of London Borough of Waltham Forest to refuse planning permission for a certificate of lawfulness of exiting use or development for use of property as self-contained residential flats (1 x 2 Bed, 1 x 1 bed) for land at 3 First Avenue.

A Public Inquiry is to be held on Tuesday, 21st March 2017 at 10am at the Executive Board Room No. 1, First Floor, Town Hall, Forest Road, Walthamstow, London E17 4JF. An independent Planning Inspector appointed by the Secretary of State will chair the Inquiry and decide the appeal. Members of the public may attend the Inquiry and, at the Inspector's discretion, express their views or send in written comments to the Planning Inspectorate at the address below quoting the reference: APP/J5930/X/16/3149582.

Contact point for the Planning Inspectorate: Enforcement Appeals Officer, Room 3/23, Temple Quay House, 2 The Square, Temple Quay, Bristol, BS1 6PN. Tel: 0303 444 5570.

**If members of the public wish to discuss the case with an officer of the Council, they should contact Helen Bangs 020 8496 6718.**

### London Borough of Waltham Forest Notice of Application for Planning Permission

#### Town and Country Planning (General Development Procedure) (England) Order 2015 – Notice under Article 15

Notice is Hereby Given that the following application for planning permission has been made to the Council for which additional publicity is required.

**APPL. NO** 170127

**APPLICANT** Capital Industrial One BV  
**ADDRESS** Block D, Leyton Industrial Village, Argall Avenue, Leyton, London, E10 7QP

**PROPOSAL** Demolition of existing block D building except the electric service building



and construction of building with mezzanines to provide industrial units (flexible class use B1/B2/B8), formation of associated car park/ cycle parking loading areas and landscaping The application is available to view on the following website:

**www.walthamforest.gov.uk/planning-search**

or follow these simple steps:-

1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)  
2: Click on 'planning applications' (under most popular)

3: Click on the green text 'search for planning applications'  
Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 6th February 2017**

**Rob Bristow, Head of Development Management and Building Control  
London Borough of Waltham Forest**

## Highways

### LONDON BOROUGH OF WALTHAM FOREST

#### ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6

#### LEYTON WALKING AND CYCLING – PHASE 4 (T2c(17))

#### VICARAGE ROAD JUNCTION WITH PARK ROAD/FARMER ROAD

#### TRAFFIC CALMING, SPEED TABLE, AMENDMENTS TO WAITING

#### RESTRICTIONS, CONTRAFLOW CYCLING

#### The Waltham Forest (Prescribed Routes) (Leyton No. \*) Traffic Order 201\*

#### The Waltham Forest (Charged-For Parking Places) (Amendment No. \*) Order 201\*

#### The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. \*) Order 201\*

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest proposes to make the above-mentioned Orders under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders to coincide with traffic calming/speed reduction, cycle improvements and shared highway and footway space for moving vehicles and pedestrians at junctions hereinafter termed "Copenhagen Style blended crossings" would be to:-

(a) exempt pedal cycles from the one way operation in **Vicarage Road** E10 and allow northbound movement;  
(b) overlay double yellow line "at any time" waiting restrictions\* in **Vicarage Road** E10 for up to 13 metres northwards from its

junction of Park Road/Farmer Road;

(c) extend the double yellow line "at any time" waiting restrictions outside No.138 and 140 **Vicarage Road** E10 (west side) southwards to the common boundary of Nos. 130 and 132 Vicarage Road;

(d) provide 2 metres of "at any time" double yellow line waiting restrictions outside No. 119 and 121 **Vicarage Road** E10 (eastern side); and

(e) on both sides of **Park Road E10** extend the "at any time" double yellow line waiting restrictions outside the southern flank wall of No. 128 Vicarage Road and the northern flank wall of No. 128a Vicarage Road westwards by up to 8 metres.

*NB/ \* A Copenhagen Style blended crossing will be built over double yellow line waiting restrictions in Vicarage Road at its junction with Farmer Road/Park Road. The "at any time" waiting restrictions will not be revoked. However, parking on a Copenhagen styled crossing or on any raised section of highway above the existing highway is a contravention and is prohibited under section 86 of The Traffic Management Act 2004 (exceptions apply).*

2. **FURTHER NOTICE IS GIVEN** that the Council, in accordance with Sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999, proposes to introduce a speed table and entry/exit treatment at the intersection of **Vicarage Road/Park Road/Farmer Road E10** (extending from Park Road into Farmer Road between the frontages of No. 128 Vicarage Road and No. 113 Vicarage Road; and extending also into Vicarage Road south of Park Road for approximately 8 metres or a point outside No. 128a Vicarage Road).

*The speed table and entry/exit treatment with sinusoidal ramps measuring approximately 2 metres in length would be elevated sections of carriageway approximately 100 millimetres (+/- 5mm) higher than the surrounding carriageway, extending across the full width of the carriageway.*

3. A copy of each of the Orders, the Council's statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders and measures can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS

4. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T2c(17) Leyton Phase 4** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T2c(17) Leyton Phase 4**.  
**Dated 6th February 2017**

**Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS**

### LONDON BOROUGH OF WALTHAM FOREST

#### ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6 and 124

#### BURNSIDE AVENUE REGION AROUND CHINGFORD HALL PRIMARY SCHOOL E4 (T5(17))

#### PROPOSED PROVISION OF WAITING RESTRICTIONS

#### The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No.) \* Order 201\*

1. **NOTICE IS HEREBY GIVEN** that the Council proposes to make the above-mentioned traffic Order under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Order would be, on both sides of **Burnside Avenue E4**, to provide double yellow lines "at any time" waiting restrictions between its junction with Ching Way and a point 12 metres east of the eastern flank wall of No. 1 Burnside Avenue (excluding the free parking layby opposite Nos. 15 to 43 Burnside Avenue).

2. Copies of the Order and the Council's statement of reasons for proposing to make the Order can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Order is made or the Council decides not to make the Order, at (a) the Information Desk, Town Hall, Forest Road, Walthamstow, E17 The Reception Desk and (b) the London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

3. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Highways Development Control, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T5(17) – Burnside Avenue dyls** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders Highways Development Control – **T5(17) – Burnside Avenue dyls**.  
**Dated 6th February 2017**

**Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS**

### LONDON BOROUGH OF WALTHAM FOREST

#### ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 9 and 10

#### BLACKHORSE VILLAGE E17 (PHASE III) WALKING AND CYCLING

#### NORTHCOTE ROAD E17 –

#### EXPERIMENTAL INTRODUCTION OF ROAD CLOSURE (EXCEPT CYCLES), WAITING AND LOADING AMENDMENTS, AMENDMENTS TO PERMIT AND SHORT-STAY PARKING PLACES

#### The Waltham Forest (Prescribed Routes) (Blackhorse Village No. 5)

#### Experimental Traffic Order 2017

#### The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. 42) Experimental Order 2017

#### The Waltham Forest (Charged-For Parking Places) (Amendment No. 22) Experimental Order 2017 – (T7(17))

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest (hereinafter termed "The Council") on **6th February 2017** made the above-mentioned Orders under sections 9 and 10 of the Road Traffic Regulation Act 1984, as amended. The Orders will come into force from **27th March 2017** and may continue in force for up to 18 months.

2. The general effect of the experimental Orders to coincide with cycle improvements and a closed sections of road to vehicular traffic will be to in **Northcote Road E17**:

(i) north-west side – suspend all **MW** permit parking places between Warner Road and Palmerston Road;  
(ii) south-east side – suspend a section of **Free Short Stay (FSS)** parking space between Warner Road and Palmerston Road;

(iii) provide double yellow lines "at any time" waiting restrictions at either end of the road closure; and  
(iv) introduce a road closure to vehicular traffic (except for cycles) into **Northcote Road E17**, between Warner Road and Palmerston Road (displacing existing double yellow line "at any time" waiting restrictions, and a section of FSS and permit parking space).

4. Documents giving more detailed particulars of the Orders are available for inspection between 9.30 am and 4.30 pm on Mondays to Fridays inclusive (except Bank Holidays), from the date on which this notice is published until the Orders cease to have effect, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17 4JF and (b) Low Hall Depot, Argall Avenue, London, E10 7AS.

5. Where it appears necessary for certain purposes, an officer authorised by the London Borough of Waltham Forest, may, in pursuance of section 10(2) of the Road Traffic Regulation Act 1984, modify or suspend any provision of the experimental Traffic Orders while they are in force.

6. The Council will be considering in due course whether the provisions of the experimental Orders should be continued in force indefinitely by means of permanent Orders made under sections 6, 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984. Any person may object to the making of the permanent Orders for the purpose of such indefinite continuation within a period of six months beginning with the day on which the experimental Orders come into force or, if the Orders are varied by other Orders or modified pursuant to section 10(2) of the 1984 Act, beginning with the day on which the variation or modification came into force. Any such objection must be made in writing and must state the grounds on which it is made and be sent to Traffic Orders, Highways and Infrastructure, Low Hall, Argall Avenue, London, E10 7AS, quoting reference Traffic Orders **T7(17)**

**Blackhorse Village Ph III** Any objection may be communicated to, or be seen by, other persons who may be affected.

7. If any person wishes to question the validity of any of the Orders or of any of its provisions on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984, or that any requirement of that Act or any instrument made under that Act has not been complied with, that person may, within 6 weeks from the date on which the Orders are made, apply for the purpose to the High Court.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T7(17) Blackhorse Village Ph III**.

**Dated 6th February 2017**

**Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS**

### LONDON BOROUGH OF WALTHAM FOREST

#### ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 9 and 10

#### SHERNHALL STREET REGION E17

#### WALKING AND CYCLING

#### GREVILLE ROAD E17 JUNCTION

#### SHERNHALL STREET – EXPERIMENTAL

#### INTRODUCTION OF ROAD CLOSURE

#### (EXCEPT CYCLES), WAITING

#### AND LOADING AMENDMENTS,

#### AMENDMENTS TO PERMIT AND SHORT-STAY PARKING PLACES

#### The Waltham Forest (Prescribed

#### Routes) (HW region No. 3)

#### Experimental Traffic Order 2017

#### The Waltham Forest (Free Parking

#### Places, Loading Places and Waiting,

#### Loading and Stopping Restrictions)

#### (Amendment No. 23) Experimental

#### Order 2017

#### The Waltham Forest (Charged-For

#### Parking Places) (Amendment No. 43)

#### Experimental Order 2017 – (T9a(17))

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest (hereinafter termed "The Council") on **6th February 2017** made the above-mentioned Orders under sections 9 and 10 of the Road Traffic Regulation Act 1984, as amended. The Orders will come into force from **14th February 2017** and may continue in force for up to 18 months.

2. The general effect of the experimental Orders to coincide with cycle improvements and a road closure to vehicular traffic (except cycles) will be in **Greville Road E17**:

(i) east side – suspend 15 metres of **WSS** permit parking space located outside the western flank wall of No. 1 Oliver Road;  
(ii) west side – suspend 15 metres of **Free Short Stay (FSS)** parking space located outside the eastern flank wall of No. 171 Shernhall Street;  
(iii) provide double yellow line "at any time" waiting restrictions across the north and south sides of the road closure and immediately north of the road closure on the east and west sides for a distance of 8 metres; and  
(iv) introduce a road closure to vehicular traffic (except for cycles) into **Greville Road E17**, between its junction with Shernhall Street northwards for a distance of 16 metres as measured along

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# Public notices

the western kerb-line of Greville Road northwards from its junction with Shernhall Street (displacing existing double yellow line “at any time” waiting restrictions and a section of FSS and Permit parking space).

4. Documents giving more detailed particulars of the Orders are available for inspection between 9.30 am and 4.30 pm on Mondays to Fridays inclusive (except Bank Holidays), from the date on which this notice is published until the Orders cease to have effect, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17 4JF and (b) Low Hall Depot, Argall Avenue, London, E10 7AS.

5. Where it appears necessary for certain purposes, an officer authorised by the London Borough of Waltham Forest, may, in pursuance of section 10(2) of the Road Traffic Regulation Act 1984, modify or suspend any provision of the experimental Traffic Orders while they are in force.

6. The Council will be considering in due course whether the provisions of the experimental Orders should be continued in force indefinitely by means of permanent Orders made under sections 6, 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984. Any person may object to the making of the permanent Orders for the purpose of such indefinite continuation within a period of six months beginning with the day on which the experimental Orders come into force or, if the Orders are varied by other Orders or modified pursuant to section 10(2) of the 1984 Act, beginning with the day on which the variation or modification or the latest variation or modification came into force. Any such objection must be made in writing and must state the grounds on which it is made and be sent to Traffic Orders, Highways and Infrastructure, Low Hall, Argall Avenue, London, E10 7AS, quoting reference Traffic Orders **T9a(17) Shernhall Walking and Cycling – Greville Closure**. Any objection may be communicated to, or be seen by, other persons who may be affected.

7. If any person wishes to question the validity of any of the Orders or of any of its provisions on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984, or that any requirement of that Act or any instrument made under that Act has not been complied with, that person may, within 6 weeks from the date on which the Orders are made, apply for the purpose to the High Court.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T9a(17) Shernhall Walking and Cycling – Greville Closure**.

**Dated 6th February 2017**  
**Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS**

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**LONDON BOROUGH OF WALTHAM FOREST**  
**ROAD TRAFFIC REGULATION ACT 1984 (RTA) – SECTIONS 6, 23, 45, 124**  
**HIGHWAYS ACT (HA) 1980 SECTION 90**  
**SHERNHALL STREET REGION – WALKING AND CYCLING – E17 streets (T9b(17))**  
**INTRODUCTION OF TRAFFIC CALMING, SPEED TABLES, AMENDMENTS TO**

**WAITING RESTRICTIONS AND PARKING PLACES**  
**The Waltham Forest (Charged-For Parking Places) (Amendment No. \*) Order 201\***  
**The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. \*) Order 201\***

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest proposes to make the above-mentioned Orders under sections 6, 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders to coincide with the recent implementation of traffic calming/speed reduction, cycle improvements and shared highway and footway space for moving vehicles and pedestrians at junctions hereinafter termed “Copenhagen Style blended crossings” would be to:-

(a) overlay double yellow line “at any time” waiting restrictions” in **Church Hill Road and Turner Road** E17 for up to 12 metres from their respective junction with Shernhall Street;

(b) reduce sections of permit parking space in the following locations in **Shernhall Street (SHS)**:

i. on the west side adjacent the east flank wall of No. 58 The Drive by 7.5 metres (WSN permit parking space (pps)) and covert to single yellow line waiting restrictions;

ii. on the west side outside No. 12 SHS by 5.8 metres (WSN pps) and covert to single yellow line waiting restrictions;

iii. on the west side immediately south of the rail bridge by 3 metres (WSS pps) and covert to double yellow line “at any time” waiting restrictions;

iv. on the west side outside Nos. 92 and 94 SHS by 9.5 metres (WSS pps) and covert to double yellow line “at any time” waiting restrictions (also partial no stopping restrictions);

v. on the north side outside Nos. 153 SHS by 2.4 metres (WSS pps);

(c) create sections of permit parking space in the following locations in **SHS**:

i. on the west side opposite No. 17 Shernhall Street – for a distance of 17.5 metres (WSN pps) by reducing double yellow line “at any time” waiting restrictions

ii. on the west side outside Nos. 44 and 46 SHS – for a distance of 4 metres (WSN pps) by reducing single yellow line waiting restrictions

iii. on the east side adjacent No. 17 SHS – for a distance of 17 metres (WSN pps) by reducing double yellow line “at any time” waiting restrictions;

(d) on the east side and south-west side of **SHS**, create sections of single yellow line waiting restriction (1) adjacent the access gate to the Lord Brooke Public House (between existing parking places) and (2) between the zig zag zebra crossing markings and No. 166 SHS;

(e) on the east side of **SHS**, convert 28 metres of single yellow line waiting restriction to double yellow line “at any time” waiting restrictions between Burns Close and No. 101 SHS;

(f) on the north side of **SHS outside No. 165 SHS**, convert 6 metres of double yellow line “at any time” waiting restrictions to a Loading Place operating Mondays to

Fridays between the hours of 8am and 6.30pm;

(g) on the west side of **SHS**, provide 5 metres of double yellow line “at any time” waiting restrictions opposite Wyatts Lane in place of a section of zig zag markings;

(h) on the north side of **Addison Road (AR)** remove a WSS permit parking place, a section of single yellow line and 0.8 metres of permit parking space between its junction with SHS and a point outside No. 41 AR in place of a new Zebra Crossing (see 2(b)ii below); and

(i) on the northern side of **Oliver Road** – reduce 6 metres of WSS permit parking space and convert to double yellow line “at any time” waiting restrictions.

*NB/ \* Copenhagen Style blended crossings have been built over double yellow line waiting restrictions in Turner Road and Church Hill Road at their respective junction with Shernhall. The “at any time” waiting restrictions will not be revoked. However, parking on a Copenhagen styled crossing or on any raised section of highway above the existing highway is a contravention and is prohibited under section 86 of The Traffic Management Act 2004 (exceptions apply). All single yellow line waiting restrictions referred to in this Notice would operate Mondays to Fridays between the hours of 10am and 4pm inclusive.*

2. **FURTHER NOTICE IS GIVEN** that the Council in accordance with Sections 90A and 90C of the HA 1980 and the Highways (Road Humps) Regulations 1999 and in accordance with Section 23 of the RTA 1984 have:

a) installed 5 speed tables with entry/exit treatments at the intersections of **Shernhall Street** with (1) **The Drive** (2) **Prospect Hill** (3) **Church Hill Road/ Turner Road** (4) **Church Lane** (5) **Barrett Road**; and

b) created new raised (speed table) Zebra crossings in:

i. **Shernhall Street** – between No. 67 SHS and the northern kerb line of Church Lane, so that the centre of the crossing is situated outside No. 36 SHS. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times, will be placed on the carriageway either side of the crossing (extending northwards to a point adjacent the northern kerb line of Church Lane and southwards to a point outside No. 67 SHS; and

ii. **Addison Road** – between its junction with SHS and No. 41 Addison Road so that the centre of the crossing is situated adjacent Maynard Path. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times, will be placed on the carriageway either side of the crossing (extending eastwards to the junction of SHS and to the west outside the east flank wall of No. 41 AR

*The speed tables and entry/exit treatment with sinusoidal ramps measuring approximately 2 metres in length would be elevated sections of carriageway approximately 100 millimetres (+/- 5mm) higher than the surrounding carriageway, extending across the full width of the carriageway.*

3. A copy of each of the proposed Orders, the Council’s statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders and measures can be inspected during normal office hours on Mondays to

Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS

4. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T9b(17) Shernhall Walking and Cycling** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T9b(17) Shernhall Walking and Cycling**.

**Dated 6th February 2017**  
**Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS**

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**LONDON BOROUGH OF WALTHAM FOREST**  
**ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6, 45 and 124**  
**CHURCH ROAD REGION E10 (T38(16))**  
**PROPOSED REVISION OF WAITING AND LOADING RESTRICTIONS AND SHORT STAY AND PAY BY PHONE PARKING**  
**The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No.) \* Order 201\***  
**The Waltham Forest (Charged-For Parking Places) (Amendment No. \*) Experimental Order 201\***

1. **NOTICE IS HEREBY GIVEN** that the Council proposes to make the above-mentioned traffic Order under sections 6, 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Order to coincide with cycle improvements would be:

(a) in **Church Road E10 (CR) – the south-west side**:

i. between **Estate Way E10 and Tallack Road E10** and between **Capworth Street E10 and Marconi Road E10** – convert all single yellow line waiting restrictions to “at any time” double yellow line waiting restrictions (no waiting “at any time”);

ii. between **Marconi Road E10 and Wiseman Road E10** –

a) convert all single yellow line waiting and loading restrictions (or as the case may be, double yellow lines “at any time” waiting restrictions), to double yellow line “at any time” waiting and loading restrictions (no waiting or loading “at any time”);

b) upgrade the no loading restriction times operating between 8am – 9.30am and 4.30pm – 6.30pm, to 7am – 10am and 4pm – 7pm (days of operation will remain the same as existing);

iii. provide a Pay by Phone (or voucher parking where vouchers are supplied) parking place operating 8am to 1pm and

2pm to 6.30pm with the first 15 minutes parking ‘free’ or Pay by Phone with a maximum stay of 2 hours and no return within 2 hours between the double yellow lines situated **between Wiseman Road and Simonds Road**. Charges are shown in the **Schedule** below; and

(b) in **Church Road E10** – the north-east side remove all single yellow line waiting and single kerb marking loading restrictions running southwards from No. 165 CR and extend the double yellow lines waiting and loading restrictions opposite Villiers Close northwards to a point opposite the northern boundary of No. 172 CR; and

(c) on both sides of **Capworth Street E10** convert unregulated single yellow line waiting restrictions between its junction with Church Road and the western boundary of No. 347 Capworth Street to double yellow lines “at any time” waiting restrictions;

2. Copies of the Order and the Council’s statement of reasons for proposing to make the Order can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Order is made or the Council decides not to make the Order, at (a) the Information Desk, Town Hall, Forest Road, Walthamstow, E17 The Reception Desk and (b) the London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

3. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Sophia Daniel, Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T38(16) – Church Road cycling measures** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T38(16)**.

**Dated 6th February 2017**  
**Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS**

SCHEDULE		
Parking Period	Pay by phone	Voucher Scheme
30 minutes	£1	£1.25
1 hour	£1.70	£2.40
1 hour and 30 minutes	£2.70	1 x 1 hr and 1 x 30 min voucher charge
2 hours	£3.40	2 x 1 hr voucher charge

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**LONDON BOROUGH OF WALTHAM FOREST**  
**ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)**  
**THE WALTHAM FOREST (VARIOUS ROADS IG8, E4, E17 – PRINCIPAL ROAD RENEWAL AND HIGHWAY CONSTRUCTION) (VARIOUS MEASURES) (NO. 1) ORDER 2017 – TT1(17)**

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE**



that it intends to make an Order to enable highway construction works to be carried out in a safe and efficient manner, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit traffic (except works vehicles), restrict waiting and loading by vehicles (except works vehicles) and suspend one-way working in various roads.

2. Whilst the works are being carried out, no person shall cause or permit any vehicle to proceed, enter, wait or load for any purpose:

(a) in **Chingford Road E17** – between Billet Road roundabout and Evesham Avenue;

(b) in **Wadham Road E17** – between Billet Road roundabout and Winchester Road.

3. Whilst the works are being carried out, no person shall cause or permit any vehicle to wait or load for any purpose on:

(a) both sides of **Sturge Avenue E17** – between its junction with Brookscroft Road and a point 30 metres in a southerly direction;

(b) both sides of **Kitchener Road E17** – between its junction with Brookscroft Road and a point 30 metres in a northerly direction; and

(c) both sides of **Brookscroft Road E17** – between a point 30 metres west of the western kerb-line of Kitchener Road and a point 30 metres east of the eastern kerb-line of Kitchener Road;

(d) both sides of **Normanton Park E4** – between its junction with Winslow Grove and a point outside the common boundary of Nos. 67 and 69 Normanton Park.

4. Whilst the Order continues in operation and only when regulatory signs are in place the one-way traffic operation for vehicles proceeding in Penrhyn Crescent E17 and Brettenham Road E17 would be temporarily suspended.

5. Whilst this Order continues in operation and only when regulatory signs are in place the no-entry prohibition to vehicles for Penrhyn Crescent E17 and Brettenham Road E17, at their respective junction with Chingford Road E17 would be temporarily suspended.

6. Whilst this Order continues in operation and only when regulatory signs are in place the section of road closed to vehicular traffic in Brookscroft Road E17, Sturge Avenue E17 and Kitchener Road E17, at their respective intersection would be temporarily suspended.

7. No person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, within 50 metres of the junction of any road adjoining the section of road contained in paragraph 2(a) of this Notice.

8. No person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, within 20 metres of the junction of any road adjoining the section of road contained in paragraph 2(b) of this Notice.

9. Vehicular access to properties affected by these works will be maintained wherever possible, subject to the extent and operation of the closures.

10. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.

11. Vehicles waiting or loading in disregard

of this Order would be removed.

12. All prohibitions mentioned above would not apply in relation to any vehicle being used:

(a) in connection with the said works; or  
(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

13. The Order would come into operation:  
(a) on **20th February 2017** for a period of 3 months for the prohibitions mentioned in paragraphs 2(a), 3, 4, 5, 6 and 7 above, or until the works are completed, whichever is the sooner; and  
(b) on **20th February 2017** for a period of 6 months for the prohibitions mentioned in paragraphs 2(b) and 8 above, or until the works are completed, whichever is the sooner.

*\*NB. The duration of the works in the Chingford Road region mentioned in paragraph 2(a) is intended to take up to 14 days. However, the period of the Order has been made flexible in case of adverse weather or other constraints delaying completion of the works.*

**Dated 6th February 2017**  
**Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS**

#### **LONDON BOROUGH OF WALTHAM FOREST** **LONDON BOROUGH OF WALTHAM FOREST** **ROAD TRAFFIC REGULATION ACT 1984** **– SECTION 14(1)** **THE WALTHAM FOREST (VARIOUS ROADS – HIGHWAY CONSTRUCTION) (VARIOUS MEASURES) (NO. 1) ORDER 2017 – TT2(17)**

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that it intends to make an Order to enable highway construction works to be carried out in a safe and efficient manner, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit traffic (except works vehicles), restrict waiting and loading by vehicles (except works vehicles), suspend one-way working and provide one-way working in various roads.

2. Whilst the works are being carried out, no person shall cause or permit any vehicle to proceed, enter, wait or load for any purpose:

(a) in **Vicarage Road E10** – between a point 20 metres north of the northern kerb line of Byron Road and a point 20 metres south of southern kerb line of Park Road and Farmer Road;

(b) in **Park Road E10** – between the western kerb line of Vicarage Road and a point 20 metres west of that said kerb line;  
(c) in **Farmer Road E10** between the eastern kerb line of Vicarage Road and a point 20 metres east of that said kerb line;  
(d) in **Grove Green Road E11** –

i. between a point 30 metres north-east of the north eastern kerb line of Langthorne Road and a point 30 metres south-west of the south-western kerb line of Langthorne Road; and  
ii. between its junction with Scarborough Road and the south-east kerb line of Richmond Road.

(e) in **Langthorne Road E10** – between a point 30 metres north of the northern kerb

line of Grove Green Road and its junction with Trelawn Road and Colville Road.

(f) In **Richmond Road E11** – between its junction with Grove Green Road and a point 20 metres south-west of the south-west kerb line of Pretoria Road

3. Whilst the works are being carried out vehicles will be prohibited from proceeding at any time in any direction other than from

i. north-east to south-west in **Rhodesia Road E11** – between Grove Green Road and Norlington Road; and

ii. south-west to north-east in **Hampton Road E11**.

4. Whilst the Order continues in operation and only when regulatory signs are in place the one-way traffic operation for vehicles proceeding in Langthorne Road E10, Grove Green Road (south-westbound carriageway) Warren Road E10, Warren Avenue E11 and Trelawn Road E10 would be temporarily suspended.

5. Whilst this Order continues in operation and only when regulatory signs are in place the no-entry prohibition to vehicles for Trelawn Road E10, Grove Green Road E11, Warren Road E10, Warren Avenue E11 and Colville Road E11, at their respective junction with any of the streets mentioned in this paragraph would be temporarily suspended.

6. Vehicular access to properties affected by these works will be maintained wherever possible, subject to the extent and operation of the closure.

7. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.

8. Vehicles waiting or loading in disregard

of this Order would be removed.

9. All prohibitions mentioned above would not apply in relation to any vehicle being used:

(a) in connection with the said works; or  
(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

10. The Order would come into operation on **20th February 2017** for a period of 9 months, or until the works are completed, whichever is the sooner.

*NOTE: \*These works would not be carried out simultaneously in all roads or sections of roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary.*

**Dated 6th February 2017**  
**Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS**

#### **LONDON BOROUGH OF WALTHAM FOREST** **ROAD TRAFFIC REGULATION ACT 1984** **– SECTION 14(1)** **THE WALTHAM FOREST (VARIOUS ROADS) (TEMPORARY RESTRICTION ON WAITING AND LOADING) (NO. 2) ORDER 2017**

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that it intends on making an Order to

allow for the installation of power cabled by UKPN in a safe and efficient manner in various roads **(TT3(17))**.

2. The general effect of the Order would be, only at such times and to such extent as regulatory signs are displayed, to restrict vehicles from waiting or loading for any purpose "at any time" in:

(a) **Goldsmith Road, E10** – all;  
(b) **Vicarage Road E10** (between Park Road and Leyton High Road) – all;

(c) **Grange Park Road E10** – all;  
(d) **Primrose Road E10** – all;

3. Vehicles waiting or loading in disregard of this Order would be removed.

4. The restrictions mentioned above would not apply in relation to any vehicle being used:

(a) in connection with the said works; or  
(b) for ambulance, fire brigade or police purposes in an emergency.

5. The Order would come into operation on 20th February 2017 for a period of 6 months, or until the works are completed, whichever is the sooner.

*Note: These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the restrictions and effects of any temporary traffic management.*

**Dated 6th February 2017**  
**Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS**

# Waltham Forest News advertising

## Did you know Waltham Forest News has a circulation of 110,000 – Advertising has never been so effective

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WALTHAM FOREST  
**Get Together**

Nominations  
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2017**

**Love Your  
Borough  
Awards  
2017**

## Who's your unsung hero or heroine?

**Waltham Forest Council is on the lookout  
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Tell us who you think is so inspiring that they deserve  
to be recognised with a Love Your Borough Award  
and they could be honoured at an  
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**Waltham Forest**



# GIVING OUR CHILDREN THE BEST START IN LIFE

**We all want our children and young people to grow up healthy and happy, which is why all of our Children and Family Centres have a new emphasis on health and wellbeing.**

The Council is using public health funding to commission a range of services focussed on the wellbeing of you and your child. Delivered by a charity called HENRY, Best Start services are aimed at families with children aged 0-5. Activity sessions at each centre concentrate on:

- Starting solids
- Oral health
- Fussy eaters
- Baby massage
- Cooking healthy food
- Sleeping

Families are supported and given advice on how to register with a GP and also with free dental services.

HENRY also run drop-in sessions focused on healthy eating and speech and language.

The local health visiting service continues to be provided by NELFT, with more child health clinics than before now available in Children and Family Centres, making them easier to access for parents.

Health visitors offer help and advice on:

- Your child's growth and development
- How to manage common childhood illnesses
- Common skin conditions, teething, breastfeeding, weaning, healthy eating and accident prevention
- Low moods or postnatal depression, and violence in the family



## EVEN MORE SERVICES

Other services available at Children and Family Centres include:

- Early education sessions with a clear emphasis on the principles of the Early Year Foundation Stage framework, ensuring children are ready to access the Key Stage 1 Curriculum in school
- The special educational needs or disabilities information, advice and support service (SENDIASS) for parents and young people (16-25). The service includes information and guidance on school admissions or transfers, transport, personal budgets and tribunal appeals and support in using other services such as one to one support.
- Classroom based sessions organised by the Council's Adult Education Service, which cover topics like English for Speakers of Other Languages (ESOL), first aid and numeracy
- A fathers' worker, whose role is to support fathers in need of advice or guidance.



# DISCOVER YOUR LOCAL CHILDREN AND FAMILY CENTRE

**N**ow you know what we offer, why not come and experience it for yourself? Pop in to any centre or come along to one of our launch events – the dates for each are below.

Bring this this cover with you to benefit from a free session.

Note: Small charges apply to some sessions but all health sessions are free.



## LAUNCH EVENTS

### Chingford

Wyemead Children and Family Centre,  
5 Oak Grove, E4 6EY. Phone: 020 8496 1551

**Friday 17 February, 1pm–3pm**

### Leyton

Queens Road Children and Family Centre,  
215 Queens Road, E17 8PJ. Phone: 020 8496 2442

**Monday 20 February, 1pm–3pm**

### Walthamstow

Higham Hill Children and Family Centre,  
313 Billet Road, E17 5PX. Phone: 020 8496 3511

**Thursday 16 February, 1pm–3pm**

### Leytonstone

Leytonstone Children and Family Centre,  
Cathall Road, E11 4LF. Phone: 020 8496 2960

**Wednesday 8 February, 1.30–3pm**

## GOT AN EVENT?

Then why not rent our Queens Road Site? We have rooms for parties, conferences and meetings with capacity for 10 people to 150.

Our rates are very competitive and as a special incentive we are offering ten per cent off hire for the first five people who produce this paper when booking.

For more information please call 020 8496 2442.